

Wind's (Feng) talk on Lester Levenson (The Sedona Method)

Chat Log 4

December 2020

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Become a master, it's much more interesting than becoming famous. (December 1, 2020)

Wind 2020-12-01 11:22:46

I've heard of this Taiwanese friend before, as I've practiced Pa Auk Sayadaw before.
He's the best senior disciple I've ever heard of.
He went to a Buddhist monastery in Myanmar for intensive practice for a period of time and attained the fourth jhana.
Even modifying it towards the colorless realm
Later, realizing this was of no use to liberation, he delved into dependent origination on his own, thus uncovering the Buddha's path of enlightenment, and thereby attained freedom.
But like Zen Master Sun Lun, he still had some tattered ropes, so the master loosened his grip with just a few words.

system

In mainland China, including Hong Kong, Macau, and Taiwan, only these two have achieved this in recent years. Both are now free.

Tiancheng 2020-12-01 11:27:10

Did the masters in Taiwan achieve enlightenment using the Buddha's methods? (Feng, 2020-12-01 11:27:28)

Yes, but he sensed it himself. (2020-12-01 11:27:39)

He abandoned the
Pa-Auk tantra and
observed the
Twelve Links of
Dependent
Origination on his
own.

Tiancheng 2020-12-01 11:31:34

I changed my profile picture.
I don't want to be famous anymore.
Because I want to
become a master. (Wind,
2020-12-01 11:32:46)
Ha ha
Become a master
This is much more
interesting than becoming
famous. (Tiancheng, 2020-12-01
11:33:17)
right.
I will do it.

2020-12-01 Wind and Nature – A Sense of Separation

Tiancheng 2020-12-01 14:38:55
Lester said in Goals and Wins that the first desire
is the desire to separate. Why isn't this the first
desire in the Liberation Law?
Wind 2020-12-01 14:39:11
sense of separation

Wind 2020-12-01 14:39:49

[Chat Log Between Wind and Nature]

【

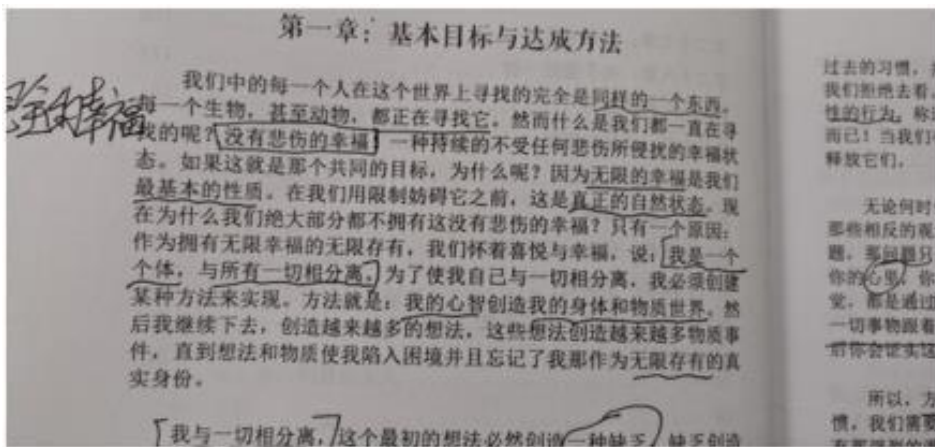
Wind: I touched upon the sense of separation beneath the fear of death. Wind: I know I'm nearing my end.

Tiancheng: Is it the feeling of separation that makes you want to survive?

Wind: Yes, it's this sense of separation—the feeling of "I exist as a body"...

】

Tiancheng 2020-12-01 14:40:42



Tiancheng 2020-12-01 14:42:09

In other words, releasing the fear of death also releases a sense of separation? (Wind, 2020-12-01 14:43:09)

The release is all about releasing a sense of separation . (2020-12-01 14:43:13)

However, when you reach this bottom line and begin to release, you can achieve freedom within months; continued releasing will get you there. Given your current momentum, you are capable of doing so. As you continue to release, you will reach higher levels. (High). From a higher vantage point, you can release yourself more deeply and draw out the fear of death. When you let go of the fear of death, a more intense pain arises—a sense of separation. (When) you're free of that fear of dying there is a (much stronger agony -- the feeling of separation.) But because you have already released so much garbage, when you let go of the fear of death, you are able to cope with it and eliminate this feeling of separation, and then you are there ("The re ") .

Wind 2020-12-01 14:43:56

After releasing your fear of death, you will come into contact with a sense of separation.

At this point, it becomes a choice: to become an infinite being, or a separate individual. Once you accept your infinite being, you immediately become one.

Tiancheng 2020-12-01 14:44:31

Even after releasing the fear of death, the work isn't finished? (Wind, 2020-12-01 14:44:42)

Once it's completely released, it's done.

When the feeling of separation arises, you haven't fully released the fear of death.

Wind 2020-12-01 14:46:06

[Chat Log Between Wind and Nature]

【

Wind: I've delved into the
last remaining limitation
within. Is it a sense of
separation?

Wind: Hmm, it's a sense of separation.

Wind: And then I kept just enough of that tiny bit of fear of death to barely
contain the feeling of separation .

】

Wind 2020-12-01 14:46:16

I've told you this before.

If you want to handle the feeling of
separation, you must retain some of
the fear of death.

Otherwise the sense of separation will dissipate.

When you completely eliminate the fear of
death, your mental programming is completely cleared.

(2020-12-01 14:47:04)

The sense of separation was also eliminated.

So, that means I've reached a
state where I am everything? (Wind,
2020-12-01 14:47:29)

Infinite existence

Tiancheng 2020-12-01 14:47:31

No longer
feeling of separation .
(2020-12-01 14:47:47)

Yes, I will no longer feel like "I
am an individual," and I will no
longer feel like I am a body.

Tiancheng 2020-12-01 14:48:16

Even while still
using a body , 2020-12-01
14:48:24

Um

You watched
the body move . (2020-12-01
14:48:31)

You just said that every release

is a release of a sense of separation.

(2020-12-01 14:48:39)

Yes

It involves constructing a mindset—"Imagine it as a body."
Therefore, everything you do, and everything we will continue to do until you are free, is to eliminate this sense of separation.

The sense of separation is actually a kind of sense. of ego
Tiancheng 2020-12-01 14:49:47

Could it be said that what's being released is
a sense of individuality? I feel like an individual.

(2020-12-01 14:49:51)

Self-sense

the The word "way" doesn't use
"separation" but rather "sense
of ego".

Self-sense
Every time you release yourself,
you are releasing your ego to
recognize that God is acting
through you.

Tiancheng 2020-12-01 14:51:11

It's not me, but the
Heavenly Father working
through me—this is a
slogan I used to
frequently chant.

Wind 2020-12-01 14:51:58

Release it to
become an experience
naturally formed 2020-12-01
14:52:01

Um

Are you living with this
kind of experience right now? (Wind,
2020-12-01 14:52:39)

Basically
I rarely use my mind to
make decisions, but this
isn't a negative feeling
; it's a wonderful,
blissful feeling.

Tiancheng:

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But why can the corresponding record be
retrieved so quickly every time?

For example, the chapters of the
Bhagavad Gita.

Someone sent me a few pages yesterday.

I used it directly to answer another
person's question.

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I don't need to use my mind to find the answer.

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wind:

besides

70 % to 80 % of intuitive operation

As you release your inhibitions,
you'll become increasingly inclined to
rely on your intuition.

Tiancheng:

Yes, the less you have intellect, the
more intuition you have.

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2020-12-01 Wind and Heaven — Are the desire to separate and the feeling of separation the same thing?

Tiancheng 2020-12-01 15:11:55

Are the desire to separate and the feeling of separation the same thing? (Wind, 2020-12-01 15:12:57)

Wanting to become
a body or a sense
of separation

Haier's problem is that it incorporated this
underlying concept into a question, which
completely confused the methodology.

Tiancheng 2020-12-01 15:13:57

What does it mean when it's included in a question?

Is the feeling of separation a desire
for acceptance, and is that how it's released?
(2020-12-01 15:14:29)

Perhaps those questions aren't even necessary. These questions can supplement or even replace the guiding questions you asked during your previous exercises. From now on, we will no longer ask "Would you like to...?" and Ask yourself questions like, "When are you going to...?" because on a deeper level, we can make the decision to let go more quickly and spontaneously. In short, try to use these

questions to support your letting go whenever needed! As before, you can read the questions to yourself or do it with the help of a partner.

Step 1: Focus on your problem, and then allow yourself to welcome how you feel in the present moment.

Step Two: Dig deeper to see if your current feelings stem from a desire. Then ask yourself one of these two questions: Does this feeling originate from a desire for approval, control, security, or separation ? What desire lies hidden behind this feeling? If you are unsure which specific desire is behind the feeling, or if you find that several desires coexist (which is often the case) , pick the one that you feel is dominant, or the one you tend to...

Once that's done, proceed to step three.

Step 3: Ask yourself one of the following three questions: Can I allow myself to crave (being recognized, controlled, safe and secure, separation)? Can I welcome my craving for (being recognized, controlled, safe and secure, separation)?

Can I let go of my desires for (being recognized, controlled, safe and secure, separation) ?

Wind 2020-12-01 15:14:43

another passage
he wrote in the
book.

Tiancheng 2020-12-01 15:16:05

Um

Wind 2020-12-01 15:16:19

There is

also a paradigm of

unity and separation.

Addressing the desire for separation, and its opposite, the desire for unity, is key to releasing tension in interpersonal relationships. Generally, in a relationship, one person actively approaches while the other resists or runs away; the roles aren't fixed, and they may often alternate. But regardless of which side you're on, you can improve the relationship through release. For example, if you let go of the desire to get closer, you'll find yourself actually closer to the other person; similarly, if you let go of the desire to separate, you'll find yourself content with the status quo and no longer feel insecure.

From now on, pay attention to your desires for unity and separation in your relationships. You will find that consistently addressing this topic will greatly improve your relationships.

Tiancheng 2020-12-01 15:16:22

This is more
complicated. (Wind,

2020-12-01 15:16:32)

This is incorrect.

He interpreted this as
a desire for separation
, but actually just a
desire for acceptance.

Tiancheng 2020-12-01 15:16:50

Um

Wind 2020-12-01 15:17:49

Haier made this mistake of overusing its intelligence in "The Way " (2020-12-01 15:18:07)

He interpreted this as
a desire for separation
, but actually just a
desire for acceptance.

I don't understand these two sentences.

Interpreting the feeling
of separation as a desire to separate
oneself from the wind (2020-12-01
15:18:41)

He said that in a relationship, you
either want to get closer or want to get away .
(2020-12-01 15:18:47)

Oh,
yes.

Wind 2020-12-01 15:18:52

He said this is about wanting
unity and wanting separation . (2020-12-01
15:18:53)

Want to
agree with the wind
2020-12-01 15:18:57

But actually, I
just wanted to agree with
Tiancheng (2020-12-01 15:19:03)

Understood

This is a
fundamental mistake. (Tiancheng,
2020-12-01 15:20:21)

Does this mean

He hadn't really processed his
fear of death, which is why he
couldn't understand this sense of
separation.

Wind 2020-12-01 15:20:56

Um

He did not actually
release them there. (Tiancheng ,
2020-12-01 15:21:11)

Where did his

release actually go ? (2020-12-01
15:21:15)

He tried to interpret Lester Levenson (The Sedona Method) 's
concept of separation using his intellect.

Tiancheng 2020-12-01 15:21:25

Um

Wind 2020-12-01 15:21:31

Student (Hayer) : Lester, lately I've been looking at all the concepts I have,
including that spiritual concept—that I am not this body. Then, there's
something I'm doing right now that I'd like you to help me check if I'm on the
right track. I want to follow that belief because when I let go of it, I often
feel worse, and my inner experience with the concept becomes "it's just a
concept."

Lester: "I am not this body" is an admission of having a body, isn't it? This is a
trick of the mind; the mind is merely...

It deceives you, destroys you, and squeezes you, making you continuously believe you are an infinitesimally small body. The function of the mind is limitation. So when you let go of your mind, what remains is your existence. That's it. And it's right here, without limit.

system.

Wind 2020-12-01 15:21:42

This is a dialogue from The
Way. He tried to follow his
beliefs back then.

Wind 2020-12-01 15:21:56

Tiancheng's
application was rejected by
Lester Levenson (The Sedona
Method) on 2020-12-01
15:22:29

Um
Do you know where Haier
has gone? Has it
reached the realm of
boundless
consciousness?

Wind 2020-12-01 15:23:26

He lacked
experience with the six-step
process (2020-12-01 15:23:44).

Um

Wind 2020-12-01 15:23:47

Therefore, he did not reach the
"Nabhikpa" samadhi; he may have
had several experiences of
oneness.

This led him to mistakenly
believe that he was about the same level as
Lester Levenson (The Sedona Method) . (
Tiancheng , 2020-12-01 15:24:07)

What is the Oneness
Experience? (2020-12-01 15:24:11)

Therefore, Lester
Levenson (The Sedona Method) 's

method can be modified. (Tiancheng
2020-12-01 15:24:21)

Um

Wind 2020-12-01 15:24:40

The experience of oneness is merely a
preliminary experience of samadhi;
samadhi is the true experience of
oneness.

However, the "Sabi Kappa" Samadhi
still has the potential for natural seed formation
. (2020-12-01 15:25:05)

Is the Samadhi mentioned here the same
as the "Nybikapa" Samadhi? (2020-12-01 15:25:12)

Even after experiencing the "Sabi Kappa"
Samadhi, one will still succumb to the afflictions of
nature. (2020-12-01 15:25:32)

He hasn't even reached the "Sabi
Kappa" Samadhi? (2020-12-01 15:25:33)

Therefore, the experience of being in oneness
with the infinite can never be used to test
one's spiritual level; he may have attained the
"Sabikkapa" samadhi.

However, it is impossible to attain the Samadhi of "Nebikapa".

Tiancheng 2020-12-01 15:26:04

The experience of being one with
the infinite is the experience
of oneness? Hmm.

Wind 2020-12-01 15:26:16

Haier is probably no longer able
to enter Samadhi, regardless of
whether there are any seeds or
not.

Tiancheng 2020-12-01 15:26:24

Why?

(2020-12-01 15:26:35)

He modified
the method. (Tiancheng,
2020-12-01 15:26:43)

Um

Wind 2020-12-01 15:26:55

He mistakenly believed that what he experienced
in his Oneness experience was the supreme, innate perfection .
(2020-12-01 15:27:01)

He still felt pain
. (2020-12-01 15:27:16)

Therefore, he mentally transformed his
insights into a set of methods . (2020-12-01 15:27:18
)

Will he return to Lester Levenson (The Sedona Method) 's original teaching methods?
Is that possible? (Feng, 2020-12-01 15:27:32)

Triple welcome, fifth release
method, etc. (2020-12-01 15:27:36)

Because without freedom,
there will be suffering . (2020-12-01
15:27:59)

And what he's sharing now emphasizes
welcoming the current situation . (2020-12-01 15:28:04
)

Um

Wind 2020-12-01 15:28:09

Or discover the
perfect harmony of the present
moment . (2020-12-01 15:28:18)

Have you reviewed the
current teachings? (Feng,
2020-12-01 15:28:40)

I've been following Haier's
YouTube channel for a while;
his recent videos are all of
this type.

Tiancheng 2020-12-01 15:28:57

Um

Wind 2020-12-01 15:29:24

And there was also a Tantric
mandala hanging behind it. (2020-12-01
15:29:55)

Yeah, I was also
wondering why he was
displaying such things on
his website.

Wind 2020-12-01 15:30:15

He also emailed his students to recommend Qigong.

He said he had practiced for many years and could assist in releasing [the weapon/item].

Chinese qigong

Tiancheng 2020-12-01 15:31:16

Which specific type

of samadhi is it? (2020-12-01

15:31:22)

picture loyd These students , including Haier, seem forever unable to comprehend Lester Levenson (The Sedona Method) ' s sacredness . 早

great

Sabikapa Samadhi

Tiancheng 2020-12-01 15:31:33

Um

Wind 2020-12-01 15:31:41

The Samadhi of "Nabhikpa" cannot be summarized by the experience of oneness alone. (2020-12-01 15:31:51)

Um

Wind 2020-12-01 15:32:08

In his final years, Yogananda would use the pronoun "I," like Jesus: not referring to himself as a human being, but to the divine consciousness residing within him . Disciples like Laurie Pratt , who had followed him for many years 早, could not accept, or even understand, the purpose of the external impersonality that the master displayed in his later years.

In fact, she had even mocked some of her guru's quirks, as if he were just an ordinary person. She once told me, "Every time I think I understand him, he becomes incomprehensible again." I was surprised that she even considered trying to understand her guru—as if trying to figure him out, like analyzing a person. I know Laurie really thought that way, because she had analyzed me that way too. "Everything," she once said to Daya Mata , "we must try to understand, ' What is his purpose?!' " But our guru has no "purpose," except the hope of helping everyone. Does such purposeless behavior need to be analyzed? Does the ocean need

to be understood? Even I, I ask for nothing more than to help him work.

Laurie also ridiculed the Guru's call for people to gather together and form spiritual communities as impractical. Yet this was clearly a fundamental aspect of the Guru's earthly mission! He said it would become a way of life in the future. That year, I built the first building in Ananda to begin preparing the retreat center, and Laurie Pratt (then called Daya) suffered a severe stroke. Two years later...早

She passed away. A plausible explanation is that she suffered a stroke due to a fit of rage, and the reason for her rage was that I dared to be so "outrageous" as to blatantly ignore her objections and build a community.

However, now that more than forty years have passed since the founding of Ananda, I can say with certainty that the Guru's dream was very realistic, and the vast majority of Ananda's residents are unwilling to move elsewhere.

Laurie Pratt's example may be helpful to many. Therefore, please allow me, who understands this matter, to recount this case. Also, I should add that I have always considered her a great saint.

in 1949 , the guru made prophecies to several of his close disciples. Regarding Laurie Pratt, he said, "Laurie, you have finished 'An Autobiography of a Yogi,' and you will understand God."

I was initially quite skeptical of this prophecy because Laurie seemed to me extremely arrogant and stubborn. In fact, she was my adversary, having orchestrated my expulsion from the Self-Awareness Fellowship. I was quite certain that many of the accusations she leveled against me were unfounded , but when I told her, "None of this is true," she dismissively but loudly replied, "I don't need your opinion!"

I have reason to believe that she has reached a certain level on a spiritual level. However, "samadhi," or rather, oneness with God, is divided into two stages, as my guru once explained to me. The first stage is called Sabikalpa samadhi. In this stage, one may still suffer spiritual stagnation because self-consciousness has not been completely overcome.

Returning⁵¹ to the Guru's disciples from those early years: some seemed forever unable to comprehend his sacred greatness. To them, the Guru was a person, but to those of us who approached him later in life, he was not. For instance, Dr. Lewis told me he wrestled with the Guru many times in his youth. "Did you win?" I asked. "Well," the doctor replied with a victorious but very serious expression, "I let

him win." I smiled and said nothing. Like Master Khrushchev, the Guru could effortlessly lift an entire mountain with his little finger; he could certainly win a wrestling match if he wanted to! In the presence of a true saint, it is better to acknowledge his supernatural abilities than to speculate about his unreliability.

Kryananda lamented that Yogananda 早's disciples from that time seemed forever unable to comprehend the divine greatness of their guru, unlike the disciples who joined later.

Tiancheng 2020-12-01 15:33:10

Why is it that even after living alongside
a master, one still cannot recognize them? (Feng,
2020-12-01 15:33:22)

She attained the "Sabi Kapala"
Samadhi but not the "Nebikapa"
Samadhi.

Therefore, she experienced boundless consciousness, believing herself to be omniscient, yet she was driven by her sense of self.

Kryananda lamented that Yogananda 早's disciples from years past seemed forever unable to comprehend the divine greatness of their guru, unlike the disciples who joined later.

I think the same applies
to Lester Levenson (The Sedona Method
) . (2020-12-01 15:33:32)

早The students who created the Release Law with Lester
Levenson (The Sedona Method) in 2016 never seemed to understand Lester
Levenson (The Sedona Method) 's level of understanding. (2020-12-01
15:33:36)

For example, Lloyd
Her homepage makes no
mention of Lester and even
claims that she created
the release method.
Laurie is the editor of "An Autobiography of a Yogi".

Hawkins also didn't understand Lester Levenson (The Sedona Method) .
I saw that even Haier didn't quite
understand Lester's greatness; he even
thought he could revise it.

Wind 2020-12-01 15:34:26

Furthermore, the book uses phrases like "this may stem from some of his own
experience" to describe Lester's interpretation.

put

Tiancheng 2020-12-01 15:34:31

Is it the one
with the energy meter? (Wind,
2020-12-01 15:34:32)

He didn't understand
that the master is
always right, while
Stephen did.

Tiancheng 2020-12-01 15:35:29

I used to envy Haier for having a
master like Lester Levenson (The Sedona Method) .
(2020-12-01 15:35:15)

He was also a student of Lester Levenson (The Sedona
Method) , and he copied the emotion chart, then made

some modifications and additions to create Hawkins' energy levels.

He also wrote about the release method in the book, but made no mention of Lester.

Tiancheng 2020-12-01 15:35:28

Huh?

Tiancheng 2020-12-01 15:35:39

Um

Wind 2020-12-01 15:35:40

[laughing out loud]

Tiancheng 2020-12-01 15:35:44

[laughing out loud]

Wind 2020-12-01 15:35:50

He also wrote about releasing Fa Tiancheng in the book.
(2020-12-01 15:35:52)

Haier really doesn't
appreciate masters! (2020-12-01
15:35:55)

However, no
mention was made of Lester
Levenson (The Sedona Method)
City's 2020-12-01 15:35:59

Huh?
Wind 2020-12-01 15:36:01

Um
Therefore, the release law
doesn't actually have any copyright.
(Tiancheng, 2020-12-01 15:36:09)

Wasn't it given
to Haier? (Posted 2020-12-01
15:36:18)

Only a portion of the
video and audio copyright information
. (Tiancheng, 2020-12-01 15:36:20)

I once considered establishing an organization
in China to disseminate the original
liberation law for free. At the time, I
wondered what would happen if Haier filed a
lawsuit.
Wind 2020-12-01 15:36:24

You might not have this
thought anymore after you release it.
(Tiancheng, 2020-12-01 15:36:30)

Um
If they proceed, will Haier have a
full-fledged legal battle? (Tiancheng, 2020-12-01
15:36:33)

right
Wind 2020-12-01 15:36:34

There are still about 100 students in the United
States teaching the original version of the release
method on a small scale .
Tiancheng 2020-12-01 15:36:36

100 people, that's a lot.
Wind 2020-12-01 15:36:40

I know of one of them who

did it completely free. (2020-12-01
15:37:20)

Does Haier own the copyright to the 1992 instructional videos?

Wind 2020-12-01 15:37:29

He said Lester Levenson (The Sedona Method) has
taught me for so many years without charging me any money, so I
can't charge him either. (Tiancheng, 2020-12-01 15:37:50)
right

Wind 2020-12-01 15:37:52

ralph

Tiancheng 2020-12-01 15:38:00

Did he accept
the donation? (2020-12-01
15:38:30)

I didn't pay
much attention to
Tiancheng's post from
2020-12-01 15:38:35.

Um

Wind 2020-12-01 15:39:29

This is what

Bethlehem told me. (Tiancheng,
2020-12-01 15:40:00)

Um

Wind 2020-12-01 15:41:29

In fact, very few people actually teach
the Lester Levenson (The Sedona Method) Original
Release Method. (2020-12-01 15:42:16)

Does Haier own the copyright to the 1992 instructional videos?

Wind 2020-12-01 15:42:30

Stephen is also a niche figure.

The copyright must have expired,
otherwise there's no way to upload it to YouTube.
(Tiancheng, 2020-12-01 15:42:50)

Is there an
expiration date? (Wind,
2020-12-01 15:43:19)

Or there is no copyright.

Including the audio
files Larry sold (2020-12-01
15:43:40)

Is this also
Lester Levenson (The Sedona
Method) 's audio? (Wind,
2020-12-01 15:43:50)

Those Lester audio clips on YouTube
are all sold by Larry. (Tiancheng , **2020-12-01
15:44:00)**

oh oh
copyright to these Lester audio
recordings. (**2020-12-01 15:44:40)**

Therefore, there is
no copyright issue. (Tiancheng ,
2020-12-01 15:45:05)
good.

Wind **2020-12-01
15:45:10**

However, I still do
not recommend

institutionalization . (2020-12-01

15:45:15)

Um

What is your
suggestion? (Wind , 2020-12-01

15:45:18)

I also had the idea of setting up
a free media organization, but it
disappeared after the release of
[the government/organization].

Tiancheng 2020-12-01 15:45:19

Um

Wind 2020-12-01 15:45:20

Because I saw that this was
a niche method, my advice is
to liberate yourself to
achieve freedom.

Tiancheng 2020-12-01 15:45:25

Um

Wind **2020-12-01 15:45:30**

After we gain freedom, let's go play
on Mars, don't stay on Earth forever. (

2020-12-01 15:45:35)

Then, if anyone needs
it, I can teach them. (**2020-12-01**
15:45:38)

Yes, only share when
people need it. (Tiancheng , **2020-12-01**
15:45:40)

Um

Did you learn about
it from Samadhi? (Wind ,
2020-12-01 15:45:45)

yes

Tiancheng **2020-12-01 15:45:48**

Is this the fate of
the Liberation Law? (2020-12-01
15:45:50)

The key point is that not
many people want freedom . (2020-12-01
15:45:55)

Um

Wind 2020-12-01 15:45:56

It was inevitable that this method would be distorted.

Lester Levenson (The Sedona
Method) did not force the whole world to
learn the Release Technique. (2020-12-01
15:46:24)

Um

Wind 2020-12-01 15:46:28

He knew perfectly well that Haier would change its methods.

I remember him telling a student that
Haier might go astray in the future, but
Haier's mission was simply to spread the
law of liberation globally.

For example, in China, it was because of
Haier and Larry that people understood the natural
advantages of the release law. (2020-12-01 15:47:28)

Yes

Wind 2020-12-01 15:47:38

Then, those who truly desire freedom will naturally
find Stephen and others, and they will naturally find
the 1992 curriculum.

Its original version
will naturally be found.

(Tiancheng, 2020-12-01 15:48:04)

Um

Wind 2020-12-01 15:48:15

He certainly knew that I had
mentioned the The translation by way was
completed by Tiancheng on 2020-12-01 at
15:48:52.

Did Lester Levenson (The Sedona
Method) appear in your samadhi experience? (Wind,
2020-12-01 15:49:14)

Lester is a Paramukta, a Siddhartha

He will not appear
in the image . (2020-12-01
15:49:37)

But I can sense his
innate talent all the time.
(2020-12-01 15:50:04)

When did you start to feel his
presence? (Wind, 2020-12-01 15:50:32)

I didn't deliberately try to sense him.

Until one day I meditated on Yogananda
in Samadhi and then I thought, why don't
I meditate on Lester?

The moment that thought crossed my mind, I
immediately realized that he was right beside me; he
had always been there.

Tiancheng 2020-12-01 15:51:30

Have you seen
Yugananda? (Wind, 2020-12-01
15:51:52)

I saw Yugananda.

A large amount of information was presented to me.

Then I followed my inner
guidance and read a few books . (2020-12-01
15:52:20)

What did he convey
to you? (Wind, 2020-12-01
15:52:36)

Only after that did I begin to explain
my experiences using the science of yoga .
(2020-12-01 15:52:52)

Um
Wind 2020-12-01 15:53:05

So I experienced it first, then received
guidance, and then found a way to interpret it. (Tiancheng,
2020-12-01 15:53:36)

Um

December 2, 2020: By consistently following these six
steps, you will gradually increase your motivation
for freedom, thereby achieving the first step

completely.

Huixuan 2020-12-02 21:46:13

Teacher Feng, is it necessary to reach the first step in the six steps? But I don't know how to achieve this. Is it possible to change the order of the six steps?

Wind 2020-12-02 21:47:38

The six steps are achieved through continuous release. You need to continuously derive pleasure from step six in order to achieve step one. Initially, all six steps are useful. When you don't want to release, remind yourself of the first step and then decide to release; that's the second step.

The third step is to directly release the desire for control and recognition; the fourth step is to continue releasing and maintaining this release.

When stuck, release the desired control over the stuck area; this is the fifth step.

Each release feels more pleasurable and relaxing; this is step six.

By consistently following these six steps, you will gradually increase your motivation for freedom, thereby achieving the first step completely. (Huixuan, 2020-12-02 21:54:54)

I believe that as long as you release the tension, these six steps will happen naturally, just like breathing; they don't need to be reminded.

Is my understanding correct?

Is the first step considered a wish?

Is the second step considered preparation for action because of the first step? Are the third, fourth, and fifth steps the action process? Is the sixth step the result of the action? Is this understanding correct?

Wind 2020-12-02 22:00:33

A reminder is needed

Because the six steps are easy to forget.

If something is not within the six steps, then it is not being continuously released. Only if it is truly being continuously released will it conform to the six steps.

Huixuan 2020-12-02 22:02:18

Continuous release doesn't necessarily mean sustained release. Even if you're stuck using step five, it still constitutes sustained release, right? (Feng, 2020-12-02 22:04:35)

If it gets stuck, use step five, which is also a continuous release process.

If you get stuck, and remain stuck, then it's not a continuous release. (Huixuan 2020-12-02 22:06:28)

When I didn't want to release the urge to take the first step, I didn't feel anything. Instead, it reminded me of my desire to change myself and for things to get better, which motivated me more.

Wind 2020-12-02 22:07:31

This works too.

Release makes
you more free;
freedom includes
everything.

All you need is a
motivating force to
release it; the desire for
recognition will lead to
development, and the
desire for control will
lead to growth.

If you feel the need for approval,
you need to release that need.

Once you release the need for
control, the need for approval
will become obvious.

Having released enough desire for recognition and control, the desire
for security becomes obvious.

If you don't release the desire for security, the desire for
recognition and control will only develop, and this cycle will
continue endlessly. Therefore, you must continuously release the
desire for control and recognition, and then continuously
release the desire for security.

Only in this way

can we reach the end .

(2020-12-02 22:18:05)

By following these six
steps, everyone can achieve freedom. (Hui
Xuan, 2020-12-02 22:19:07)

If you keep releasing it, you'll stay
within the six steps, and you'll achieve freedom.
(2020-12-02 22:19:22)

Yes

Huixuan 2020-12-02 22:20:20

As long as it's within the six steps, it's continuous release. Can it be understood in this way?

(Feng, 2020-12-02 22:21:47)

Yes

Six-step test

As long as you follow these six steps, you can be free.

2020-12-04 Wind and Heaven – Step 1, Step 2 Usage

Tiancheng 2020-12-04 17:08:09

I spent a lot of time releasing it today, but I found that I was stuck most of the time. I was so frustrated by how it was stuck.

It feels like the wind is being trapped indefinitely. (2020-12-04 17:09:26)

Yes, if you want to control the release process, it will get stuck and continue to use step five to release.

Tiancheng 2020-12-04 17:09:48

Um

Should I use the first and second steps? I've realized I can use the fifth step, but I still feel unable to release the pent-up emotions.

Wind 2020-12-04 17:11:19

If you're unwilling to release, then take the first step.

(2020-12-04 17:11:45)

How do I use the first step? (Posted by

Feng, 2020-12-04 17:11:46)

For example, wanting
to do something else
means you want to
suppress your
feelings.

If you're looking for control
and validation elsewhere, you
need to determine: do you truly
want freedom? If you continue to
release, you will achieve
freedom.

Tiancheng 2020-12-04 17:13:01

What's the second
step? How do I use it? (Wind,
2020-12-04 17:14:18)

It's just a
decision you've
made now—to
release.

Tiancheng 2020-12-04 17:14:54

Okay. I'll go release it again.

2020-12-05 Disgust and Craving

Wind 2020-12-05 21:01:13

In the process of liberation, you will naturally discover that the world is full of suffering, and that all happiness comes from infinite existence.

让你痛苦的那个，只是对世界的厌恶而已那并不是想要自由
那个叫厌恶世界
厌恶和贪恋是一体两面

I am Infinite 2020-12-05 21:01:19

Is the release of disgust and craving a direct release of these feelings, or a release of the desire to control and desire for these feelings?

To be recognized?

Wind 2020-12-05 21:01:24

The desire to control is a urge, right?

Desire

the right The path discusses desire . and aversion

That is, attachment and aversion

So desire is... attachment

Wanting this and wanting that is greed, or

desire. It also has an opposite: aversion.

You don't want (dislike) this, you don't want (dislike) that .

I am Infinite 2020-12-05 21:01:35

That craving and aversion are the purest feelings of wanting and not wanting, right?

Wind 2020-12-05 21:01:41

So whether you want it or not, it's the same thing .

Actually, it's still three things.

Wanting control, wanting recognition, wanting security

December 7, 2020: Your future depends solely on the decisions you make right now.

Wind 2020-12-07 10:22:02

Yes, take full responsibility

The key issue is that you perceive the future as a random part that you cannot control, but it actually isn't.

The future depends solely on your decisions right now; the decisions you make now will shape the future.

Therefore, you have complete control over this matter.

If you release it now, you might forget about it in a few days, but if you use it every time you remember, you'll...

More and more frequently

Will use

Xiong Wei 2020-12-07 10:24:02

It's just a time limit, just like the group admin said, if you can't finish within 24 hours, then finish it first. 24 minutes.

Wind 2020-12-07 10:24:36

Releasing it isn't that difficult
We've just gotten used to suppressing our feelings, which is why we find it so difficult to release them.

The difference between the subconscious and the conscious mind lies in whether or not you look at something at this moment. (2020-12-07)

Wind 2020-12-07 10:12:29

The world isn't like that.
A person's behavior is not accidental.
All actions are autonomous, driven by internal motivations. The difference between the subconscious and conscious mind lies in whether or not one is consciously looking at something at this moment.
All future experiences depend on the decisions made in this moment.
If you decide to relinquish your desire to control the future (i.e., your lack of control) , you will definitely be able to control the future. If you decide to maintain your desire to control the future, you will definitely not be able to control it.
It's that simple.
The future is

not a matter of chance .

(Xiong Wei, 2020-12-07
10:21:41)

In other words, the problems you're aware of now are irrelevant; whether

you remember them later or not is irrelevant. Just pick up the weapon.

Open the dryer

December 7, 2020: Your future depends solely on the decisions you make right now.

Wind 2020-12-07 10:22:02

Yes, take full responsibility

The key issue is that you perceive the future as a random part that you cannot control, but it actually isn't.

The future depends solely on your decisions right now. The decisions you make now will shape the future, so you have complete control over them.

If you release it now, you might forget about it in a few days, but if you use it every time you remember, you'll...

Will use

More and more frequently

Xiong Wei 2020-12-07 10:24:02

It's just a time limit, just like the group admin said, if you can't finish within 24 hours, then finish it first. 24 minutes.

Wind 2020-12-07 10:24:36

Releasing it isn't that difficult

We've just gotten used to suppressing our feelings, which is why we find it so difficult to release them.

The effect of releasing it once on December 7, 2020 , is equivalent to several months of meditation.

Tiancheng 2020-12-07 11:41:16

"These nine types of emotions are driven by two basic feelings: the desire to control and the desire to identify. Traditional methods of meditation, usually through focused concentration, only achieve superficial peace. It makes you feel good, but it doesn't release any programs. If these programs remain in the subconscious, they will govern your karma. If you look at them, they will be brought out and released. Releasing the desire to control and identify is a shortcut; it clears away thousands of programs. The effect of one release is equivalent to several months of meditation, equivalent to hundreds of years of natural evolution. Different eras have had different methods, revealed by masters, but the release method is the most effective in this era and in the world today."

The only simple and feasible method

Tiancheng 2020-12-07 11:41:28

"By following the six steps and releasing for a month, you can gain the power of life. The three questions are for releasing emotions, but releasing emotions is just the beginning. The real big step requires you to continuously release the desire for control and validation, to the point that the fear of death will surface. When the fear of death surfaces, you will be free after a week of release. Releasing desires means that when you become aware of the desire for control and validation, there will naturally be a tendency to let go. Therefore, you only need one question and the release process. The release method is a scientific approach. By following this process through the six steps, you can quickly reach the destination."

Tiancheng 2020-12-07 11:41:41

Admiration

Target release process (December 9, 2020)

I am Infinite 2020-12-09 12:29:23

[Link: Goals] and winning means you must win the goal.

<https://mp.weixin.qq.com/s/01-DQFePFSrFFfF99DKnHw>

Roller 2020-12-09 12:29:24

Don't suppress your desires, don't suppress your emotions. Get what you want through the release method. This is Lester's favorite teaching!

Actually, I'm verifying it myself. Isn't the release method a panacea?

Qingxi 2020-12-09 12:29:32

You guys need a lot, what have you manifested so far? Please share.

Roller 2020-12-09 12:29:41

Not yet [smirking], and our experience is just our experience. Why don't you go and realize it yourself? (I am Infinite 2020-12-09 12:29:50)

Therefore, a crucial prerequisite for achieving the goal is through a release mechanism.

Roller 2020-12-09 12:29:54

Yes, simply by releasing, you can get everything you want. I am Infinite.
2020-12-09 12:30:01

This will bring out all your limiting beliefs.

Roller 2020-12-09 12:30:18

Target release is a very important step.

Those who have learned it can set goals to release it.

I'm issuing a challenge to you all: let's see who can achieve their first goal solely through releasing [something]? (I am Infinite, 2020-12-09 12:30:52)

Goals are a valuable indicator of one's progress and a driving force for continued progress.

Roller 2020-12-09 12:30:59

Red envelopes will be sent in the group later.

I've shared the key points of target release in the group; everyone can study them.

Roller 2020-12-09 12:31:16

Release of the target (Video 4 )

1. step:

Write down your goal (in the present tense) and then look at your goal.

Release your first feeling about the target first feeling

Okay,

that's it,

it's that

simple.

Once you've released your initial feeling, look at your goal again and release that

initial feeling once more.
Continue until you
feel that the goal has
been achieved. Note
the emphasis on
"achieved".

2. Detailed analysis and experience sharing:

I've already reiterated almost
everything above; the rest is just
repeated guidance.

The original release
method is really simple.

I can translate their
explanation; mine is a
summary.

I've set goals and released them many times before.

I rarely set goals now because I've found that
there's nothing I truly want. Let me share my
experience regarding goals.

goals is a way to continuously release emotions. When you look at your goal, as long as you don't deceive yourself, a multitude of feelings like "impossible" will arise. Of course, there will also be anger, sadness, and other diverse emotions. Release them one by one according to the process. After releasing them, there is a clear and certain feeling, a "knowing" that it is mine.

It's about looking at the target and releasing whatever emotion comes to mind.

(fear, etc.)

Let's examine the goal again: has it reached the "achieved" state?

If not, then it must be a desire for control and validation (emotionally, it's a feeling of powerlessness, greed, anger).

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Until all is cleared

My personal experience is that if you
continue like this, you'll reach a
state where you're "very confident that
you can achieve your goal," but that
state isn't good.

This state still needs to be released.

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Generally speaking, beneath the
emotion of "I believe it will
definitely come true" lie many
subconscious emotions, and many
more will emerge after the release
of these emotions.
What does it feel like to be completely
free from your true goals?
At that moment, I "knew" (without
thinking, without believing) that the
goal was already mine, very clearly and
firmly, as if it were right in front of
me.
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Lester said that if you
can't be a winner, that
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with you, so once you set
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This will make you increasingly adept at using goal-oriented processes.

~ The above is a contribution from the wind. :|Hx'

2020-12-09 The driving forces of growth: one is pain, the other is joy.

Wind 2020-12-09 22:45:21

It quieted down.

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One is pain,
like someone
whipping your
body from
behind; the
other is
pleasure.

What is the sole source of happiness? It is
the stillness of the mind, which allows your
infinite existence to be revealed more
clearly.

Does the pleasure you derive from food
actually come from the food itself? No, it
comes from the moment you chew the food,
when your mind temporarily...

ZOEY 2020-12-09 22:45:34

@Wind Thank you. How do you understand this feeling of the world speeding up?

Wind 2020-12-09 22:45:47

Does the pleasure you derive from sex come from sex itself? No, the
reason sex can bring pleasure is because it can temporarily quiet the mind for a
moment.

The first step of the six
steps is actually very
simple, but achieving it

completely is not easy.

But the method of starting is very simple.

I'll post a clip of Lester Levenson (The Sedona Method) in the... way Summary in Part 2

"So, what do you need to do? I summarized it in the previous four days of the course. The first is that you want freedom more than you want the world. Consequently, you should obtain all happiness from yourself, through release, from within yourself. That's Lesson 1."

Lesson 2 is: You must make a free decision, and then you do it. However, if you make a free decision, you will do it. It's simple. If you are not free, then you haven't made a free decision. Because once you make a decision, everything you do afterward will move towards freedom. The most fundamental thing is continuous liberation.

The third lesson is to directly confront and release the fear of death. Directly release the fear of death. As you know, beneath the surface of identification and control lies the fear of death. So, by freeing yourself from this most fundamental driver, you are complete.

The fourth is to start now, obtaining everything you want through liberation. I guess this is the most practical of the four. How successful are you? Do you still do things from your ego's perspective most of the time? Remember, when we do things through liberation, it's effortless. If you're putting in effort, that's ego-driven.

Lester Levenson (The Sedona Method) 's favorite is the fourth one.

Get everything you want by releasing it.

Why? It's simple. Freedom exists entirely without desire; if you still have desires, you are not free.

Can suppressing your desires make you completely desireless? No. It will only allow your desires to drive you at a subconscious level, making you loathe the world. This will lead to the more intense expression of those desires.

Therefore, you can only release them.
Write down everything you want, and
achieving all of it through release means
that you have everything.

Chaer Crystal 2020-12-09 22:48:06

Desire—Scarcity

Allow—already possessed, inherently
complete, manifesting at any time
(as discussed in the workbook).

Wind 2020-12-09 22:48:19

Suppressing
desires doesn't mean being
without desires. (2020-12-09
22:48:25)

@Wind , I'd like to ask what to do when I always feel like my mind is
floating during release? And I easily get sleepy automatically.

Wind 2020-12-09 22:48:29

Feeling sleepy is normal
Because you want
to avoid the
feeling and not
have to expend
energy fighting
it.

When your mind starts to wander, you need to
release your desire to control it using the
simplest process.

That means you

want to control
and release it
again.

You might not be able to fully release the control you want in one go.

ZOEY 2020-12-09 22:48:33

@Wind, during the process of releasing goals, I discovered a stage where I no longer desired the goal itself. I realized I just wanted security, so I released it. It seems I no longer care whether the goal was achieved. At this point, is it still necessary to pay attention to whether it was achieved? Must I release it until it is achieved? (I no longer need this goal, do I still need to release it?)

Wind 2020-12-09 22:48:44

Therefore, you need to release
your desire to control it
several times until you are
completely certain that it has
been achieved.

The greatest benefit of target release is not the target itself.

There are only six steps. I won't say anything new; anything outside of those six steps is leading you astray.

This perfect map

Zizai 2020-12-09 22:48:52

@Wind , is it true that Xing's successful release requires her to move according to her mood? Is "up " the standard?

风 2020-12-09 22:49:07

是的

目标释放的最大作用不是目标本身，是让你明白你是物质的主人
你得证明给自己你有那个能力

如果你真的不想要这个目标了，那就换一个你真的想要的但你得实现它
，不能一再拖延

不能让失败成为常态

你可以就自己现在最想要的事物去释放获得它
然后你就会发现，它并不能带给你快乐你继续向前走
，再释放一个新的目标 你就会发现，
这里面也没有快乐

最后，你就只剩下一个方向了，那就是自由

为什么要这样做？因为你现在只是理论上知道快乐的来源，而不是真正的体验
在你真正体验到之前，哪怕你再怎么喊自由的口号，你的行为会背道而驰

越释放越感觉到阻碍，这是正常的。你越往深处走，越会碰到一些顽固的程序

这时候，只要记住六步骤，把每一次释放当成第一次释放就可以了任何感受都只
是感受而已

是的，去体验，用莱斯特最喜欢的那个教导

ZOEY 2020-12-09 22:49:57

This inspired me.

Yan 2020-12-09 22:50:10

Yeah, releasing this feeling I don't
want to release, this feeling of regression.
(2020-12-09 22:50:14)

get everything by releasing only

ZOEY 2020-12-09 22:50:21

Put aside all the thoughts in my
head about figuring things out (and trying to
control them) . (2020-12-09 22:50:30)

Shouting slogans about wanting freedom won't work.

Because if you see attractive people of the opposite sex, delicious

food, nice houses and cars, or even interesting videos, you'll still be drawn to them.

Want to know why you're drawn in? Because on an experiential level, you believe there's pleasure in it. Repeating the theory a thousand times in your conscious mind won't actually change your mindset.

But if you truly discover that the source of all happiness is one thing (when your mind is quiet, your infinite existence manifests)...

(Some parts were exposed)

Then you will change direction.
Therefore, Lester believes the most
practical way is to obtain
everything you want through
liberation. Why? Because you live in
desire.

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Only by releasing

Well, she had to go out and look for a job, she had to go to an agent, she just couldn't sit down and wait.

Q: She needs to go out and find a job, go to an employment agency; she can't just sit and wait for her fate.

Lester: I say all she had to do was to let go and be herself. Then even if she locked herself in a chamber somewhere the things would have come to her. You don't sit down and wait, you don't do anything. Just let go of the sense of doer ship. You just know that everything is perfect and then the slightest thought you have will quickly come into being. There's no Limitations on God, the Self. Whatever You thought, would have to come into being if you let go, because you're invoking your infinite power, your Self. Nothing can stop it!

A: She would say that what she really needs to do is let go and be herself. Even if she's locked in a room, what she wants will come automatically. Don't wait, don't do anything else, just release the feeling of wanting to act. You already know that everything is perfect, so even the smallest thought will come true. God is infinite, and the true self is infinite. If you release, whatever you think will come true because you have activated your infinite power, your true self. Nothing can stop it!

But at the same time you have to struggle to get some action.

Q: At the same time, you also need to take action.

Lester: No, I said just the opposite, I say lock yourself in a chamber and padlock the outside of it and if you do What I'm saying you'll find that it will be effected. It has to be. Nothing can stop it! Omnipotence is invoked!

A: No, I said the exact opposite. I said lock yourself inside a room and put a lock on the outside. If you do as I say, you'll find it works, and it will. Nothing can stop it, because omnipotence has been activated!

Lester's point was radical; he meant that simply by releasing yourself, locking yourself in a room, would actually...

now

Therefore,
paying
attention to
this point is
unrelated to
action.

You don't need to consider the specifics of how to take action at all.

When you find yourself considering action, notice that your feeling is still "I don't have it," and continue to release that urgency—just do it, don't procrastinate . ●

ZOEY 2020-12-09 22:52:00

The stubborn emergence of a "don't believe in free lunches" mentality, even doubting the release method, is it an attempt to release the desire to control this doubt ? This is a major stumbling block for me; I can't proceed from here. @风

Wind 2020-12-09 22:52:11

It's just a feeling, isn't it?

ZOEY 2020-12-09 22:52:14

Yes, doubt—fear

Thank you! [clasped hands][clasped hands] It's all just a feeling... @风风2020-12-09 22:52:19

Your God is yourself

释放最表面的
接着下一个感受会浮出
你只要不停释放就能释放干净

When you're struggling to decide which one to release , you can actually release them all at once.

It's feasible; Lester Levenson (The Sedona Method)'s students, Hale and Stephen, both used this method to gain their wives' approval. All their feelings stemmed from a desire for control and validation. They are all driven by the desire to survive.

So, in the simplest terms, all three are present.

Purple2020-12-09 22:52:48

Okay, I'll try.

(Luo Wanyu, 2020-12-09

22:52:51)

Freedom is achieved through liberation; this is the only way.

2020-12-10 Stuck: First, face the feeling of being stuck, then release the desire to change it.

Wind 2020-12-10 16:28:00

I'm not the group admin; you can tag me if you have any questions .

Change my
name Rong 2020-12-10
16:28:15

@Teacher Fengfeng, why is it so difficult to successfully
release the virus? Getting it once a day is considered good. (Feng,
2020-12-10 16:28:50)

Didn't the six
steps go through? (Rong,
2020-12-10 16:29:32)

I don't think I'm
stuck either. (2020-12-10
16:29:54)

If it can't be
released, isn't it just stuck?
(Rong, 2020-12-10 16:32:00)

Implement the six steps! (If you don't have 6...
) I couldn't get it to work even once. [wiping sweat]
2020-12-10 16:36:15

Do you want
to be free? (Rong,
2020-12-10 16:36:19)

think
Wind 2020-12-10 16:40:18

Wanting to release but unable to, that's being stuck.
You might not be able to release
all the control you want in one
go, so release it several times.
It's stuck, I want to control the stuck state.

Free Life 2020-12-10 16:38:12

@Teacher Feng, can I release
the energy to treat my bad teeth? Feng
2020-12-10 16:38:27

I'll answer these kinds of questions all at once.
Lester said that every impossibility, no matter how impossible,
becomes possible once fully unleashed; the answer to such
questions is always "yes."
This is just a
feeling; all
feelings can be
released.

Hong 2020-12-10 16:38:34

@Wind I'm able to release some of my emotions now. But the pressure from real-world problems just won't go away; I feel so suffocated.

Lishan Da.

Wind 2020-12-10 16:38:46

Isn't that a feeling too?

It's the same feeling, there's no difference.

The same feeling, the same

process of releasing macros 2020-12-10

16:38:47

Yes, but why can't I

release it? (Wind, 2020-12-10 16:38:50)

Step 5

If it can't be released, it's stuck ; step five will solve that.

So there's not much to say. Introducing too many new things will only lead people astray from the perfect six-step map.

Go go go!

The era of the Internet of Everything 2020-12-10 16:38:57

@Wind The reality hasn't
changed, so it hasn't been released,
right? Wind 2020-12-10 16:39:02

Seeing that reality hasn't changed, do you
suddenly feel uncomfortable again? That means
you haven't released your pent-up emotions.

Nothing [Sun] 2020-12-10 16:39:15

So, it means you need to have the intention to
release it; if you can't release it, then you're stuck, right?

嗯，你决定去释放，结果感受不离开这就是卡住
为什么会卡住？这只是个很正常的程序而已想要控制就会卡
住
一旦卡住了，你就要释放想要控制，而不是用力地想要越过这个卡住的感觉不要用挣扎的方
式来做释放
释放是轻松的、简单的，不需费力用第六步来核实
你的释放
要先面对这个卡住的感觉然后释放对它的
想要改变你马上就会感觉
更好
多释放几次，这个“卡”就会自然通畅也都会“更”愉
悦
不管怎么样，会比刚才更好

(Wind, 2020-12-10 16:39:16)

Nothing [Sun] 2020-12-10 16:40:41

Each time I release, I feel a little
better than before [grinning face] Wind 2020-12-10
16:40:52

certainly
release three wants only
Releasing only
three is the
fastest way.
You just said so much, it was all about feelings.
All these feelings stem from a desire for control

and validation, and at the most basic level, a
desire for safety and simplicity.

Hong 2020-12-10 16:41:03

@Can one truly achieve everything simply by letting go? For example, if I
quit my job, can I still live simply by letting go?

Abundance

Wind 2020-12-10 16:41:09

Verify this for yourself

This is nothing; there are things a
million times greater to do, to
seize all the benefits.
Complete the entire route

December 10, 2020: Have you followed these six golden
steps every time you release something ?

Qingxi, December 10, 2020 18:08:17

@Teacher Fengfeng, do you follow the six golden steps every time you
release a skill? Do you do this for every release?

@Wind , am I completely wrong in my understanding? If so, why didn't
those video courses from 1992 demonstrate this in their release exercises ?

Wind, December 10, 2020

18:08:29

No need for this

The six steps are a map

Make sure you are in the six steps.

[Chat Log: Lester has also explained in
detail that there are two driving forces
for growth regarding your question.]

For specific methods, refer to several guidelines from Lester Levenson (The Sedona
Method) .

So, what do you need to do? I summarized it from the previous four days of the
course: First, you want freedom more than you want the world. Consequently, you
should obtain all happiness from yourself, through release, from within. This is
Lesson 1.

Lesson 2 is: You must make a free decision, and then you do it. However, if you
make a free decision, you will do it. It's simple. If you are not free, then you
haven't made a free decision. Because once you make a decision, everything you do
afterward will move towards freedom. The most fundamental thing is continuous
liberation.

The third lesson is to directly confront and release the fear of death. Directly
release the fear of death. As you know, beneath the surface of identification and
control lies the fear of death. So, by freeing yourself from this most fundamental
driver, you are complete.

The fourth is to start now, obtaining everything you want through liberation. I guess this is the most practical of the four. How successful are you? Do you still do things from your ego's perspective most of the time? Remember, when we do things through liberation, it's effortless. If you're putting in effort, that's ego-driven.

Qingxi, December 10, 2020 18:09:14

Oh, so those six steps exist like the background of continuous release and startup, right? (Wind, 2020.12.10 18:09:41)

His favorite is the fourth one.

你想要自由吗？你做出自由的决定，然后你就开始释放了释放你的想要控制
和认同，持续释放
当你卡住时，释放对它的想要改变 每一次释放，都
会让你更快乐和轻松六步骤就是一切
了
释放法没有更多的东西

Qingxi, December 10, 2020 18:09:59

Psychologically, I've always been clear that I want freedom more than I want the world; this has been the driving force behind my continuous learning and growth—the desire for liberation and freedom. However, in practice, when it comes to releasing, I sometimes resist, avoid, or stagnate, and sometimes I even forget to release.

Does this mean that it's just a matter of mentally understanding the desire, without an inner genuine desire for liberation, freedom, and transcendence from the world? What I mean is, simply having a clear mental understanding that one desires freedom more than the world isn't enough; it requires frequent...

The true motivation for sexual release lies in guiding the release through the first step of the six-step process. Right? @

你得体验到
最好的一个做法就是通过释放获得一切
否则你永远会保留从世界中的其他事物上获得快乐的可能性
如果你不能体验到一切快乐的来源都来自内在，你就没办法完全达成第一步喊口号是没有用的

2020-12-11 Wind and Nature — Knowledge can't replace the path you've actually walked.

Tiancheng 2020-12-11 00:53:02

Why did you tell me so much? (Wind, 2020-12-11 00:53:14)

Because you asked these questions

2020-12-11 00:53:31

Ask, and you will find the answer.

However, knowing these things doesn't mean you'll go further than someone who doesn't. (2020-12-11 00:56:03)

I still want to issue a warning.

Knowledge can't replace the path

you've actually walked. (Tiancheng, 2020-12-11
00:56:50)

Um

Four guidelines issued on December 11, 2020

Wind 2020-12-11 20:48:10

existence when he arrived there.

Therefore, whether or not you know the concept of Samadhi does not affect where you are.

What I have repeatedly emphasized is that the complete attainment of the first step of the six steps of "Nabhikāpa" Samadhi is because it is only fully attained at the moment of contact with infinity.

This is not the first time I've encountered infinity.

The first encounter with infinity is most likely the "Sabikkapa" Samadhi because the seed is still in effect.

By continuously releasing and connecting with the infinite, you'll suddenly realize that those seeds no longer work, and all your motivation to seek happiness elsewhere disappears. Because you've discovered the sole source of happiness on an experiential level, the seed will no longer be effective.

Unless you come into contact with infinite consciousness, you will always feel that there is happiness in the world. As long as you feel that there is happiness in the world, your direction may turn towards the world again. It's that simple.

So, what do you need to do? I summarized it from the previous four days of the course: First, you want freedom more than you want the world. Consequently, you should obtain all happiness from yourself, through release, from within. This is Lesson 1.

Lesson 2 is: You must make a free decision, and then you do it. However, if you make a free decision, you will do it. It's simple. If you are not free, then you haven't made a free decision. Because once you make a decision, everything you do

afterward will move towards freedom. The most fundamental thing is continuous liberation.

The third lesson is to directly confront and release the fear of death. Directly release the fear of death. As you know, beneath the surface of identification and control lies the fear of death. So, by freeing yourself from this most fundamental driver, you are complete.

The fourth is to start now, obtaining everything you want through liberation. I guess this is the most practical of the four. How successful are you? Do you still do things from your ego's perspective most of the time? Remember, when we do things through liberation, it's effortless. If you're putting in effort, that's ego-driven.

Wind 2020-12-11 20:54:51

Find all happiness within yourself.

To achieve this completely is to attain the Samadhi of "Nebikapa".

Roller 2020-12-11 20:55:32

We can never become infinite beings, because we already are infinite beings. We simply need to release the belief that we are not infinite beings, the belief that we are merely a body and a mind. First and foremost, we need a strong desire, a desire to return to our infinite being.

But, as he said, we don't want it. If we really wanted It, we would have It. There is a difficulty, of course, and what is the difficulty? It's the habit; it's the unconscious habitual thinking; it's the mind. So we attack it by attacking this unconsciously very-thinking mind. The mind is the only cover over the infinite Being that we are. We must stop thinking long enough to see what we are, and that "long enough" can be just one unlimited state of no thinking.

But, as he said before, we don't want it. If we really wanted it, we would have it. The difficulty lies in inertia, in the unconscious habitual thoughts of our minds. The mind is the only obstacle obscuring infinite existence. We must stop thinking to see our true nature. Even just stopping thinking for a second (thinking includes unconscious thinking) , the immense impact and release of seeing our true self, will allow you to use your infinite power to burn away the mind. Every time we enter the infinite state of no-thought, we also burn away much of the mind in an instant.

Wind 2020-12-11 20:55:40

Lester's words were so ordinary that people overlooked their meaning. What was the significance of Lester's statement?

I am Infinite 2020-12-11 20:56:48

@Roller , you posted "The Ultimate Road to Freedom" (2020-12-11 20:56:53)

Of course, this is 早 a period of instruction.
At this point, he was mainly teaching
how to ask questions during

meditation. His method was to allow
you to connect with your infinite
existence.

I will further explain this state.

Before you completely release your mind, you
will have a preview of infinite existence. (2020-12-11
20:58:39)

In other words, although you haven't completely released the entire
mental process, there will be moments when the mind retreats to the
background. At these times, your mind is completely still,
temporarily.

So at this moment you can experience the infinite existence, and have a
preview of it.

This can greatly increase your yearning for freedom.

Because you'll find that whatever you gain in this world can't compare to even a fraction of that happiness. Every moment in this world feels like torture compared to that state.

Your release after this is different; I'm referring to the "Nebikapa" Samadhi.

If you reach the "Sabikkapa" Samadhi, the experience is actually the same as the "Nebikapa" Samadhi; both involve contact with infinite existence.

But the seed still works.

Even though you know that state exists, the world still holds an allure for you.

But the moment you reach the "Nabhikāva" samadhi, those seeds suddenly lose their power and then begin to release, becoming very different.

You no longer need to remind yourself of the six steps because you're already in the first step.

Every decision you make naturally leads to liberation and you just can't stop.

Moreover, they will frequently enter Samadhi and frequently come into contact with infinity.

Each time, it takes away
so many of your desires. (Minnie,
2020-12-11 21:08:31)

Anytime,
anywhere? (2020-12-11
21:08:43)

One decision is all it takes to get in.

As I mentioned before, there are methods to achieve "Nabhikāpā"
samadhi, but one's habitual tendencies will be somewhat diminished, thus requiring
more time to release "karma."

Lester spent three
months on the path
of intellect yoga.

The process involves exploring methods for release.

If one doesn't use the release method and simply tries to burn
away karma by entering infinity, it will take much longer. The
spiritual community likes to use the term "post-enlightenment
practice."

Understanding and maintaining
awareness, and practicing
accordingly—this is actually a
concept from Zen Buddhism, because Zen
is an intellectual method, so it
requires maintaining awareness.

You need to use infinite awareness in every aspect of life to correct your habits and realize that you are not the actor.

Rather, it is your infinite existence that is manifested through what you are doing.

This process is the release of "karma".
The release of "karma" only occurs when you realize that you are not the actor, and cannot happen through the action itself.

Many of them take "Sabikkapa" samadhi as enlightenment.

Or many people haven't even achieved the "Sabikkapa" Samadhi.

Roller 2020-12-11 21:23:34

Only those who have truly attained sainthood are enlightened.
(2020-12-11 21:23:36)

certainly
Buddhism makes a more accurate distinction in this regard.
Before reaching the Flowing Fruit stage, regardless of one's level of supernatural powers, one can only remain a mortal within the realm of mortals.

After the pre-stream, comes the stream of saints, the holy disciples.

The beings in the Desire Realm, the Form Realm, and the Formless Realm are all ordinary beings. (Minnie , 2020-12-11 21:27:35)

Is it difficult to achieve Samadhi without seeds through the implantation of belief alone? @风风2020-12-11 21:27:47

It's completely impossible, not just relatively difficult.
Now, any answer the mind can give us must necessarily not be it because the mind is an instrument of Limitations. All thoughts are qualified; all thoughts are limited. So any answer the mind gives cannot be right. The way the answer come is

simply by our getting out of the way the blindness that we have imposed upon ourselves by assuming thoughts that we are a thinking mind body. When the thoughts are quiet, the limitless Being is obvious. It's Self-effulgent; its there all the time; its just covered over by thought concepts, every one of which is limited.

The answer any mind can give us is certainly not it, because the mind is a limited instrument. All thoughts are incomplete and limited. Therefore, no answer given by any mind can be correct. The answer arrives simply by avoiding that blindness—the implication we impose on ourselves by assuming we are a combination of a thinking mind and body. When thoughts subside, infinite existence becomes apparent. It shines on its own; it is always there, only obscured by limiting thoughts.

That's all.

Wind **2020-12-11 21:30:32**

Belief implantation is completely ineffective.

The translation of "starry sky" has caused a great misunderstanding.

Lester: It is necessary in the beginning and it also makes for rapid progress. Later, after much progress, you can will it out. There are basically two ways of growing: one is eliminating the mind the subconscious; the other is putting in the positive, seeing who and what you are.

A: It's necessary to do this from the beginning; it will allow you to progress rapidly. Then, after making some progress, you'll be even more motivated to do it . There are two paths to growth :one is clearing the mind, the unconscious, and the other is planting positive thoughts, seeing clearly who you are and what you are.

Wind **2020-12-11 21:31:36**

This is a translation of a passage from Starry Night's "The Road to Ultimate Freedom".

the other is putting in the positive, seeing who and What You are.

Can this be translated as

"implanting positive thoughts"?

The word "enlightenment" is too broad.

So I usually don't use it.

Many people use it to explain all sorts of states.

Replacing one belief with another is pointless.
(December 11, 2020)

Wind 2020-12-11 23:31:20

I also told him that Eckhart hadn't awakened, and his methods couldn't awaken the light either. (2020-12-11 23:31:21)

The one from "The Power of Now"? He's not awakened; his method is wrong.

Roller 2020-12-11 23:31:32

His method is suitable for
continuing to pretend to be asleep

[smirk] Feng 2020-12-11 23:31:36

Let me put it bluntly. For example, the currently popular
"A Course in Miracles" is a deceptive claim by higher
spirits that Yogananda is Jesus's spokesperson, sent by
"Babaji" and Jesus.

Jesus did not spread his message through spiritual communication.

Jun 2020-12-11 23:31:45

Yang Dingyi,

Yang Yuanning? (Posted

2020-12-11 23:31:56)

Including many methods available on the market, if you ask me, I will
tell you directly.

They are not masters

Jun 2020-12-11 23:31:58

Enlightenment?

Wind 2020-12-11 23:32:02

Yogananda has stated that he is the last guru.

Therefore, there is a very simple inspection method.

After him, none of the popular mentors were true masters.

You don't need to believe what I'm saying, because replacing one belief with another is pointless.

Jun 2020-12-11 23:32:06

It can only be said that the knowledge they spread is helpful for our spiritual practice, not for achieving freedom.

(2020-12-11 23:32:13)

Once you attain the Samadhi of "Nebikapa," you will know all of this, including what high-level texts of "A Course in Miracles" are.

The spirit is fooling people

Roller 2020-12-11 23:32:19

[picture]

Bethlehem Star 2020-12-11

23:32:24

Those high-level beings are organized into a system.

Not only did he study A Course in Miracles, but he also studied other materials.

Roller 2020-12-11 23:32:36

We were all

there to verify . (2020-12-11

23:32:43)

Jesus tells you in the Bible that there will be countless false prophets in the future, so maintain the spirit of the Buddha.

Roller 2020-12-11 23:32:51

[picture]

Wind 2020-12-11 23:32:59

To verify and explore

I'm not saying this to start a conflict, but rather to prevent you from wasting your energy on pointless endeavors and trying to reconcile the views of so-called "masters" and "pseudo-masters."

Force 2020-12-11 23:33:08

What are the motives of

these high-level beings? (Posted by
Malicious Wind, 2020-12-11 23:33:19)

Because they are fundamentally different, even if their teachings contain similar elements.

Do you know what I'm saying? Even if an angel tells you something, if it's not in accordance with Truth, reject it, because there are so many high appearing beings that look like gods that you can be very easily fooled, -until you know the Truth. Truth is the same throughout from infinity to infinity.

Do you understand what I mean? Even if an angel tells you something, if what they say contradicts the truth, refuse to believe it, because you can easily be fooled by many high-ranking beings who appear to be God, unless you know the truth. The truth is the same everywhere.

Reason permeates the entire universe

Force 2020-12-11 23:33:36

Is this just a
ploy to fool people?

(Guangming, 2020-12-11
23:33:42)

What are these
high-level beings? (Xin Chang,
2020-12-11 23:33:51)

Are there any enlightened masters still
alive in China today? @风风 2020-12-11 23:33:58

Astral body

I won't elaborate on this issue, and if you believe me, this is
about replacing one belief with another, which doesn't help at
all.

Force 2020-12-11 23:34:01

How many people have
fallen into this trap! Is it karma?
(2020-12-11 23:34:06)

To achieve freedom
requires a strong sense of self-
reliance. (2020-12-11 23:34:09)

Does it have to be fun for
people to try all the wrong things?
(Guangming, 2020-12-11 23:34:13)

Gao Ling himself
hadn't achieved
anything,
otherwise he
wouldn't have
been fooling
people.

Roller 2020-12-11 23:34:21

[Chat Log]

purple¹³ ins Wind field layout 2020-12-11 23:34:24

The methods in *A Course in Miracles* seem to me like they're trying
to improve one's eyesight.

Roller 2020-12-11 23:34:32

Don't believe what Buddha, Jesus, Lester Levenson (The Sedona
Method) , or even the wind says, until you prove it all . ●

Build your belief on your experience of release.

Wind 2020-12-11 23:34:42

Yes

Roller 2020-12-11 23:34:46

This is what truly belongs to you.

purple¹³ ins Wind field layout 2020-12-11 23:34:57

No matter how you edit it, if the negative (all the repressed feelings) isn't released, it's all in vain. (2020-12-11 23:34:59)

False gurus and those who intentionally play the role of God carry a heavy burden of karma, so there's no need to attack them. However, it's important to take things one step at a time and walk this path out of poverty.

Very few people can truly be free, because most people simply want a better life, but the path is fraught with temptations, requiring keen insight and unwavering resilience.

Jun 2020-12-11 23:35:04

Wind, what made you reach the end?

Roller 2020-12-11 23:35:06

[picture]

Jun 2020-12-11 23:35:11

It feels so easy

to escape the wind. (2020-12-11

23:35:12)

Six steps

purple¹³ ins Wind field layout 2020-12-11 23:35:18

As Lester said, if you're only releasing things to feel good, you won't make progress.

Roller 2020-12-11 23:35:23

Use the results of your release to verify. ●

Don't you want to feel even

better? [smirking] Always

better, better than ever.

I have a great longing for this.

[picture]

purple¹³ ins Wind field layout 2020-12-11 23:35:34

Good can be better

Roller 2020-12-11 23:35:37

Everyone's seen this, right?

The issue of efficiency (December 12, 2020)

Wind 2020-12-12 22:43:12

This is a matter

of efficiency. (Feng,

2020-12-12 22:44:26)

[Group chat history]

【

Enjoy the music:

@Wind: When releasing feelings of despair and sorrow, should I use the emotion release process or the desire release process? I feel that the emotion release process is more effective than the desire release process.

wind:

If you're familiar with it, that's perfectly normal.

】

Wind 2020-12-12 22:44:50

Refer to

the wind 2020-12-12

22:45:05

Basic desires drive emotions; nine emotions drive hundreds and
thousands of feelings; feelings drive tens of thousands of thoughts. (2020-12-12

22:46:10)

The desire to survive is the root, the desire for recognition and control is the trunk, emotions are the branches, feelings are the twigs, and thoughts are...

Leaves

If you cut leaves one by one, how long will it take? So it's all about efficiency.

Lester says that releasing nine categories of emotions, such as releasing fear, will take thousands of lifetimes—it's just one emotion.

If you release your thoughts, you will create a perfect map multiplied a thousand times over.

If you change even a little, you can't freely implement what you want to be free.

It's that simple.

Releasing emotions is also helpful; the three major desires are even more effective.

Do you feel like you want control or you want approval right now?

Wind 2020-12-12 23:02:24

Can I allow myself to become more aware of it? Can I let it go?

How many seconds does it take to say these few sentences?

Liz Zhang 2020-12-12 23:09:51

I always feel that I need to take certain actions to achieve my goals, but it feels like a desire for control.

LizZhand 2020-12-12 23:09:56

But it can't be released.

So they went ahead and took action anyway.

This makes me unsure whether to take action or not. @Wind

Wind 2020-12-12 23:11:10

No impact

Do not stop

releasing; it

will not

affect

anything else.

Liz Zhang 2020-12-12 23:11:15

good.

Wind 2020-12-12 23:12:20

That is to want to control

Because when you can't recognize it, you want to recognize it.

To identify is to want to figure out, wanting

to understand this is what it means to want

to control

2020-12-12 Don't exert effort, just be aware of your most superficial feelings.

Wind 2020-12-12 12:00:14

The "Babaji" lineage has more than three branches,

as it has existed for a very long time and some

lineages are quite niche.

Wood 2020-12-12 12:00:15

I don't need to consciously realize that
I constantly crave a sense of security. (2020-12-12
12:00:17)

Release directly using the process
If you feel it, don't
suppress it. In this era of the
Internet of Things (2020-12-12
12:00:25)

Seeing Teacher Feng is
like seeing hope . (2020-12-12
12:00:34)

Just try to feel
your own hope; don't
try to force it.

Be aware of your
most superficial feelings .
(2020-12-12 12:00:49)

The instructor made me
focus on this feeling . (2020-12-12
12:00:55)

Sensation center
Your feelings are what
happened here. (Unintentional,
2020-12-12 12:00:58)

I watched the video and saw Haier gesturing to indicate the center
of sensation, but when I saw the high-ranking leader, I felt extremely
uncomfortable , and the sensation at the center became even less pronounced. I
felt lost and didn't know what to do. Had this sensation already radiated
outwards? In such situations, should I repeatedly recite the three sentences of
the procedure?

Wind 2020-12-12 12:01:04

You've already felt
the emotions, right?
Use the process to
release them
directly.

No need to
repeatedly recite "Ultimate
Freedom" (2020-12-12)
12:01:07

Releasing desire only requires asking, "Can you let it go?" The following two questions are not necessary. This is for...

What is it?

Wind 2020-12-12 12:01:11

Because once you become aware of your basic desires, letting them go is your natural inclination. When you suppress them, they bind you at the most fundamental level.

When you allow it to surface, it will leave very naturally.

Ultimate Freedom 2020-12-12 12:01:19

Most of the time, I stubbornly cling to my desires, trying to control or accept them, unwilling to let go. I want to change. Later, when I try to control them, I ask myself if I can let go of this desire to change and leave. Deep down, I'm unwilling to let go; it's more like I'm unwilling to release, but not that I can't. When I ask myself if I can, I struggle with whether it's truly impossible or just unwillingness.

Wind 2020-12-12 12:01:28

Note that Lester used the same word to describe the desire for control and the desire for identification—two fundamental feelings.

(basic) (feeling)

Ultimate Freedom 2020-12-12 12:01:32

When I feel unwilling to answer the "can I" question, I tend to avoid it because I feel I need to answer to release my emotions. If I'm unwilling to let go, how should I answer the "can I" question? Even though I can't let go for now, is it okay to keep answering based on my true feelings?

Wind 2020-12-12 12:01:44

to control and identify with
your thinking beyond your
feelings , br o ● Face
this feeling directly
Allow it to surface
Then simply let it

go . (2020-12-12 12:01:48)

I just tried the process, and my arms are still shaking a bit. How do I use the emotion chart without looking it up? I know the feeling is fear, but I just don't know how to use the emotion chart. Besides knowing how to look it up, I can't seem to release the emotions upstream; I've only learned to release the immediate feeling.

Wind 2020-12-12 12:01:50

The mood chart is an aid.

You just need to know that
feeling is fear . (Wu Xin, 2020-12-12
12:01:53)

This time
I learned about it.
(2020-12-12 12:01:59)

After using it a few
times, you'll know
for sure and you
generally won't make
mistakes in your
judgment.

You are fear Anger or sorrow I can still make my own judgment, right?
Too subtle to judge That table can

Help you distinguish

Wind 2020-12-12 12:02:03

You can find descriptive words for any feeling below.
Then you know which emotional state it
is; this is about going back to the
source. You need to quickly learn to

directly release the three desires.

Wind 2020-12-12 12:02:14

"It will take a month, maybe two months, before you release all the agflap. But all in all, I think we have the only way to release the mind by bringing the subconscious programs to the surface, which allows the mind to become still."

We first enter the conscious mind, releasing control and identification. As for the other things you try to release, like fear—you know, you'll spend hundreds and thousands of lifetimes trying to release fear, and afterwards you'll still have anger, you'll still have other emotions. But when you release the desire to control, everything beneath it is released.

Then when you release the desire for security, you release all the desire for recognition and control, and everything beneath them. You are now...

You're at such a low point that you can't even begin to strive for safety. You're overwhelmed, terrified of death, and so you let it control you. But when you release a significant amount of control and identification, you become capable of facing the fear of death.

This is a translation of a late
Lester audio clip; its emotional
release efficiency will take you
thousands of lifetimes.

The true application of the release method lies in releasing desires.

Wood 2020-12-12 12:02:56

I just have a bit of a
feeling of wanting to have no
feelings . (2020-12-12 12:02:59)

Therefore, it is
in six steps . (2020-12-12
12:03:04)

For example, I can feel
sadness. (2020-12-12 12:03:12)

Step 3 of the
six steps (2020-12-12
12:03:16)

It seems like the mind
has discerned the wind. (2020-12-12
12:03:20)

The six steps are to create a complete map.

In fact, wanting is
also a feeling . (2020-12-12
12:03:25)

Should we also look
between the chest and abdomen?
(Wind, 2020-12-12 12:03:37)

The problem today is that those accumulated, subconscious programs are too heavy and too extreme; we are simply overwhelmed by them. We need a very efficient way to eliminate them.

This is a very efficient method, and it's a very simple method. We have the complete picture, the mindset and feelings you have to work with. We have the

diagram, in which you understand your subconscious mind, releasing thoughts and feelings. How are they released together? How are those surface feelings encompassed by fewer, more fundamental feelings we call emotions? How are these emotions encompassed by two fundamental feelings (the desire for control and identification)?

We attack them, and we can eliminate all sensations! It's so basic, therefore extremely effective.

Wood 2020-12-12 12:03:44

Can desire be felt at the
heart chakra? (Posted by Feng,
2020-12-12 12:03:50)

This is something Lester 早 himself
talked about when sharing the release
method with his students, referring to
the desire for control and the desire
for identification, which he called the
"basic feelings."

Wood 2020-12-12 12:03:54

Understood

Wind 2020-12-12 12:03:56

certainly

Release the most obvious

Actually, if you truly release your desires, the moment you allow them to be noticed, you'll immediately have a tendency to let go. So the answer isn't really a problem.

If it doesn't leave, then it's stuck. You can use step five to resolve this; release is an experiential process.

To teach someone the release method, it's best not to instill too much theory in them; simply have them follow along with a guided video.

You can learn it in a few minutes

This is also how the course is presented.

"But as you can see, our approach is actually about unleashing the mind's drive. Don't try to develop your mind; by doing so, you are developing your enemy, developing what binds you."

What happens when the mind is completely still? Well, I've always been omniscient; I've always known everything. But you have to release the habits you use to survive 24/7; we call it agflap .

Lester also mentioned that they shouldn't be mixed up.

"Everyone is combining other things with release, and when you do that, you slow down the release. If you need something else, you slow down the method."

The era of the Internet of Everything 2020-12-12 12:05:18

I suddenly don't want others to know about my thoughts on the Release Method.

(2020-12-12 12:05:50)

You can directly tell that this is an attempt to control the era of the Internet of Everything.

(2020-12-12 12:05:52)

This is an attempt to control the wind. (2020-12-12 12:05:56)

release it

come on

Huixuan 2020-12-12 12:06:04

@How to completely

destroy my wind control

2020-12-12 12:06:09

release

Huixuan 2020-12-12 12:06:12

How do we

become aware of it?

(Wind, 2020-12-12

12:06:15)

Just let your feelings flow.

Sense of self of The ego is not something outside of the three major desires. The six steps continuously release the three major desires.

That's it

Huixuan 2020-12-12 12:06:19

@The wind doesn't need to be deliberately released, right? Wind
2020-12-12 12:06:23

Every time you release, you are releasing your sense of self . only three wants to release only the three major desires

Freedom can be achieved without anything beyond the six steps. (Hui Xuan,
2020-12-12 12:06:37)

Oh, I understand, thank you.

@Is the wind always unable to release its full potential because it's always stuck on basic desires? (Wind, 2020-12-12 12:06:47)

It's because basic desires haven't been released or are stuck.

Or perhaps there was no sustained release of information. (Huixuan,
2020-12-12 12:06:58)

Aren't basic desires just surface emotions?

December 12, 2020: It would take hundreds or thousands of lifetimes to clear away just one type of emotion.

Sui Le 2020-12-12 21:50:32

@Wind , when releasing feelings of despair and sorrow, should I use the "Emotional Release Process" or the "Desire Release Process"? I feel that the "Emotional Release Process" is more effective than the "Desire Release Process".
Wind 2020-12-12 21:50:42

If you're not familiar with it, that's normal;

just practice

more.

Releasing desires is

much simpler and faster. (Sui Le,

2020-12-12 21:50:51)

However, the process of releasing desires often leads to getting stuck, while the process of releasing emotions goes very smoothly.

Vian 2020-12-12 21:50:57

@Wind , can the release of desires only be achieved by releasing feelings, and not by releasing desires? Wind 2020-12-12 21:51:12

sure

Releasing your emotions will keep you on the surface.

Vian 2020-12-12 21:52:01

Thanks

Wind 2020-12-12 21:52:02

"It will take a month, maybe two months, before you release all the agflap. But all in all, I think we have the only way to release the mind by bringing the subconscious programs to the surface, which allows the mind to become still."

We first enter the conscious mind, releasing control and identification. As for the other things you try to release, like fear—you know, you'll spend hundreds and thousands of lifetimes trying to release fear, and afterwards you'll still have anger, you'll still have other emotions. But when you release the desire to control, everything beneath it is released.

Then, when you release the desire for security, you release all the desire for identification and control, and everything beneath them. You're too low right now to attack the desire for security. You're overwhelmed, you're terrified of death, so you let it operate on you. But when you release a significant amount of control and identification, you become capable of facing the fear of death.

This is a translation of a late Lester audio clip.

Sui Le 2020-12-12 21:52:18

Okay, that's how
it is. [Rose] Wind 2020-12-12
21:52:37

Releasing it deeper will definitely cause it to get stuck.
Only by confronting this blockage can you release it.
Use step five to release your desire to change it. If
you bypass it, it will continue to operate internally.
You might feel great every day when you release your
emotions, getting high and then coming down again , but
because your basic desires aren't being released, these
emotions keep re-emerging.
Simply releasing emotions requires
countless lifetimes to clear away a
single type of emotion; superficial
release is inefficient.

Sui Le 2020-12-12 21:52:46

Yes, I initially thought the feeling of being
stuck was because my emotions hadn't been fully released.
(2020-12-12 21:52:59)

Only by releasing your desires can
you reach your goal within a month.
Don't be afraid of getting stuck;
face it.

Luo Wanyu (Yu) yù 513 2020-12-12 21:53:06

Therefore, releasing desires is simpler and more efficient.

Vian 2020-12-12 21:53:14

Does releasing desires reduce AGL's emotions significantly? I've found that releasing emotions often leads to a rebound [facepalm].

Wind 2020-12-12 21:53:18

If you release the desire for control, then all the agflaps that arise from that desire for control are also released; the same applies to releasing the desire for acceptance. release the desire for identification and control, as well as the agflap attached to them.

Let go

Luo Wanyu (Yu) yù 513 2020-12-12 21:53:24

@Wind feels relaxed and joyful after successfully releasing desires in a certain situation. Why, after a long time, does the urge to control oneself again in the same situation drive one to the brink of madness? Is it because the desire wasn't fully released?

Wind 2020-12-12 21:53:36

Hmm, not completely released.

release when high

Jackfruit 2020-12-12 21:53:41

Can releasing desires

be done using a three-question

question? (2020-12-12 21:53:52)

When you're relaxed and happy, continue to
release, continue to dig. down D 2020-12-12 21:53:59

To release desires,

simply ask if you can? (Wind,

2020-12-12 21:54:11)

Releasing desires doesn't require three questions.

Because it was released in the very first sentence, even before the first
question was asked.

D 2020-12-12 21:54:14

If it gets stuck, ask if it's possible

to let "want to control" leave the jackfruit.

(2020-12-12 21:54:29)

May I ask?

(Wind, 2020-12-12

21:54:35)

If you didn't release the first
command, it means you're stuck. At
this point, you need to release it
to regain control.

D 2020-12-12 21:54:55

The one that's stuck

must be trying to control the

mischievous jackfruit. (2020-12-12

21:55:31)

But I can't feel the

release. (2020-12-12 21:55:35)

Instead of returning to the

three questions about releasing emotions,

[this is from] Jackfruit 2020-12-12

21:55:42

OK

D 2020-12-12 21:55:53

我在试图把你从幼儿园提升到研究生水平。

——莱斯特

2020-12-12 Desire Release Process

Wind 2020-12-12 23:02:19

你现在的感受是想要控制还是想要认同？能够允许自己更
多地觉察到它吗？
能够放它离开吗？

2020-12-12 will definitely cause it to get stuck.

Sui Le 2020-12-12 23:15:16

@Wind, should I use the emotion release process or the desire release process to release feelings of despair and sorrow? I feel that the emotion release process is more effective than the desire release process.

Wind 2020-12-12 23:15:27

If you're not
familiar with it,
that's normal;
just practice
more.

Releasing desires is
much simpler and faster. (Sui Le,
2020-12-12 23:15:49)

However, the desire-release process often
leads to getting stuck, while the emotion-release process
goes very smoothly. (2020-12-12 23:15:56)

Releasing your emotions will keep you on the surface.

"It will take a month, maybe two months, before you release all **the agflap** . But
all in all, I think we have the only way to release the mind by bringing the
subconscious programs to the surface, which allows the mind to become still."

We first enter the conscious mind, releasing control and identification. As for
the other things you try to release, like fear—you know, you'll spend hundreds
and thousands of lifetimes trying to release fear, and afterwards you'll still
have anger, you'll still have other emotions. But when you release the desire to
control, everything beneath it is released.

Then, when you release the desire for security, you release all the desire for
identification and control, and everything beneath them. You're too low right now
to attack the desire for security. You're crushed, you're terrified of death, so
you let it operate on you. But when you release a significant amount of control
and identification, you become capable of facing the fear of death.

This is a translation of a late Lester audio clip.

Sui Le 2020-12-12 23:16:08

Okay, that's how it is. [rose emoji]

风 2020-12-12 23:16:15

往深处释放肯定会卡住

面对这个卡住，你才能释放它，运用第五步释放对它的想要改变如果你绕开它，

它就一直在运作你

你可能每天释放情绪释放得感觉很好，卡住卡住，然后又 down 下来

Ruilan 2020-12-12 23:16:24

At first, I felt a strong urge to control things, but in the last few days, I've had a strong desire for validation. When I try to release this desire

风 2020-12-12 23:16:38

但是由于基本欲望没有被释放，这些情绪不断被重新发展出来
只释放情绪要花上千上百世来清空一类情绪
在表面释放是低效的

随乐 2020-12-12 23:16:44

是的，卡住我还以为是释放情绪没有释放彻底的原因

风 2020-12-12 23:16:50

只有释放欲望才会让你一个月内达到终点
不要畏惧自己卡住，面对它

Luo Wanyu 2020-12-12 23:16:59

Therefore, releasing
desires is simpler and more efficient
. (2020-12-12 23:17:17)

Okay, let's use the
desire release process [strong]
Ruilan 2020-12-12 23:17:30

Getting stuck like this is really uncomfortable.

D 2020-12-12 23:17:24

@Wind Sometimes, even the "desire to
change what's stuck" can't be released. (Wind
2020-12-12 23:17:41)

We descend to the lowest point, which is where we are now, and then return to the highest point, where we can see our infinity again. But after this process, we have gained an active understanding of our infinity, whereas before it was a passive understanding.

It's something like this : "Perfect health" is a meaningless term to someone who was born perfectly healthy and stays that way all his life; he doesn't positively know what it is. And yet, it's a nice state when he's in it. But he's passively healthy; he cannot fully appreciate it. However, if he got very sick and was on the verge of dying for many years and then reestablished the perfect health state, then that perfect-health state would be far more meaningful to him than it was before he got sick. And this is the silly thing we do to ourselves : We go from infinity down to where we are and back up to infinity with a positivity of knowing the infinity that we are. But we pushed, on the way down, in a way that we lost sight of what we were doing. And if we look within, we'll discover this.

This is like how "perfect health" is meaningless to someone born with perfect health and who remains so throughout their life, because they lack an active awareness of it. Such a state is certainly good, but because it's passive health, they cannot feel gratitude for it. However, once they fall ill and linger on the brink of death for years, they are forced to rebuild their perfect health, which is far more meaningful than it was before they became ill. This is the foolish thing we do to ourselves. We come from infinity, then descend to where we are now, and then return to infinity with an active awareness of it. During this descent, we cannot see what we are doing; only by looking inward can we discover this.

Q : That's the first time I've heard a sensible explanation of the whole mess. First time it's ever been explained why we've been pulled down.

Sui Le 2020-12-12 23:18:50

@Wind When I use the desire release process, I feel energy constantly flowing out, but even after several hours, I can't completely release it. The same thing happens the next time I release it, and the feeling of wanting

to control it is still very strong. What could be the reason for this?

Wind 2020-12-12 23:19:04

The key test for
these energy
outflows is step
six.

After each release process, you feel
more joyful . (2020-12-12 23:19:10)

Never experienced pleasure
It feels like it's still releasing.

风 2020-12-12 23:19:17

释放想要控制，那么由想要控制发展出来的所有的 **agflap** 都被释放了释放想要认同也一样

释放想要安全，则会把它上面的想要认同和控制，以及它们上面的 **agflap** 都释放走

Luo Wanyu 2020-12-12 23:19:20

@Wind feels relaxed and joyful after successfully releasing desires in a certain situation. Why, after a long time, does the urge to control oneself

风 2020-12-12 23:19:24

嗯，没释放干净

当你轻松愉悦的时候，继续释放，继续 **dig down**

释放欲望是不需要三问句的

因为第一句就释放掉了，甚至第一句没问出来前就释放掉了如果你第一句没释放掉，说明你卡住了

D 2020-12-12 23:19:35

卡住一定是想要控制捣的鬼

Jackfruit 2020-12-12 23:19:44

But I can't feel the
release. (2020-12-12 23:19:54)

At this point, it's
necessary to release the desire to
control Sui Le (2020-12-12
23:19:59).

@Fengtongyi, I've tried releasing this emotion several times but haven't felt any pleasure. There's energy flowing, but it doesn't seem stuck. Is it because I haven't been able to release it completely after several attempts?

Wind 2020-12-12 23:21:08

If you consistently lack pleasure, be
aware that you're trying to control
the situation without actually
experiencing true release.

Don't use energy
flow as the standard
; use becoming more
joyful as the
standard.

Sui Le 2020-12-12 23:21:38

@Wind means that when I release it, I also want to control it, so it should be stuck, but there is still energy flow, which means that it is still

being released.

Wind 2020-12-12 23:21:45

Release is not based
on energy flow . (2020-12-12
23:21:54)

Oh, it seems the
wind is still stuck.
(2020-12-12 23:21:57)

It makes you feel more relaxed and
happy with each release. (2020-12-12 23:22:06)

风 2020-12-12 23:22:15

释放对卡住的想要控制

It's relaxing, but there's no joy in it. @If the wind is stuck,
releasing it won't actually release it.

你在用力吗？在努力想要让它离开吗？这就是想要控制

Sui Le 2020-12-12 23:22:28

@Wind This situation has been going on for a long time, and it's just stuck

风 2020-12-12 23:22:36

觉察到它，你会马上释放掉 然后你再看看那个卡住的感觉你可能还感觉卡住
那就继续释放想要控制
多释放几次，这个卡住就消融了

here.

Sui Le 2020-12-12 23:22:48

It feels effortless and very relaxing.

Okay, let's continue. [roses][roses][roses]

@Feng now has a very strong awareness of what he "wants".

December 13, 2020: One day of continuous release is equivalent to 6000 years of meditation.

Qingxi 2020-12-13 00:11:12

Sometimes when I get stuck trying to release my desires, I try again and again, but I still can't release them. So I focus on feeling that feeling of being stuck and unable to release them, and then I release the emotion. Then the blockage is gone, and I can continue to release my desires.

Wind 2020-12-13 00:11:32

So you backed down?

The stuck state is a control program that's emerging, but you backed down.

Suppressing it back in won't help.

It seems that releasing your emotions has helped you overcome your blockage. (Qingxi, 2020-12-13 00:11:36)

But I can't seem to release it no matter what I do, what should I do? (Wind, 2020-12-13 00:11:49)

But that card just goes back into your subconscious and continues to

operate; you'll get stuck in the
same place again next time.
You can't solve problems
by running away - six
steps

Wood 2020-12-13 00:11:50

Teacher Feng, I clearly feel that my controlling nature is causing
tension in my body. I can feel the stiffness in my neck, back, abdomen, and even
my heart chakra, as if these knots are tied up. Can I release these knots?

Wind 2020-12-13 00:11:59

The six steps form a
complete map; what
you're describing
are bodily
sensations.

Wood 2020-12-13 00:12:12

Yes, I clearly felt the influence of the desire to control.

风 2020-12-13 00:13:05

要注意到想要控制的欲望本身这样你才能释放

Wood 2020-12-13 00:13:15

Release the desire for control

风 2020-12-13 00:13:29

释放不动是什么？卡住了。第五步轻松解决 不明显也是一种卡

，释放对模糊不清的想要改变

"去做，持续去做，当你卡住的时候，使用这个方法中的“怎么办”的流程，放开想要改变卡的感受的欲望。

如果这是一个模糊不清的感受，那就放开想要改变这个模糊不清感受的欲望，当你释放掉之后，你就能再次进攻那个对死亡的恐惧的感受。"

温习一下 **the way**

Lester Levenson (

The Sedona Method) made it

very clear. (Huixuan,

2020-12-13 00:13:40)

It just keeps releasing, and releasing, until finally it becomes indistinct. Is this what they mean by "fuzzy" or "unclear"?

(2020-12-13 00:13:49)

Not obvious means blurry.

vague feeling

Huixuan 2020-12-13 00:13:50

It's not about

releasing everything completely [

facepalm]Wind 2020-12-13 00:14:12

Of course not

If you release it quickly, you will be in **the cap**

That was really

high. Qingxi's experience

(2020-12-13 00:14:19)

I feel that all along, when I try to release emotions, I've been doing so with a sense of control. When I'm in a state of tension and fear, that control becomes more pronounced and sensitive, almost turning into a resistance to release. It tightens the grip, making the release feel even more restrictive.

Wind 2020-12-13 00:14:30

Therefore, you need to first release what you want to control.

Each release is effortless, requiring no effort whatsoever.

release take no effort

Huixuan 2020-12-13 00:14:51

The release method is very

simple; how do you use it to get rid of problems ? (2020-12-13 00:11:12)

Following these six steps
will ensure a smooth and
successful journey to your
destination.

Huixuan 2020-12-13 00:15:00

The six steps are just the
literal meaning . (2020-12-13 00:15:12)

It means
practical in
its literal
sense.

Happy times :

Being stuck is often misunderstood; it could be due to utter despair or insufficient release of grief.

Huixuan 2020-12-13 00:15:34

The literal meaning is too simple; once released, the feeling is like being inside the wind. (2020-12-13 00:15:50)

No, it's because you want to control your awareness.

Why is this a common misconception? Because if you don't release your basic desires, it's almost impossible for you to fully release them.

An emotion

Strong 2020-12-13 00:15:58

@Wind, do we need to consciously practice awareness? Wind 2020-12-13 00:16:07

They will continue to be developed and will not be needed.

Lester explicitly stated that if you merely release emotions, it would take hundreds or thousands of lifetimes to release even one type of emotion.

You still have eight categories

If you can release the desire for control and validation, then don't retreat. Ultimate Freedom 2020-12-13 00:16:12

's mind and meditating is even more of a distant dream . ?

风 2020-12-13 00:16:45

直接释放想要控制和认同
今天有个人算了下
持续释放一天等于 6000 年冥想

Ultimate Freedom 2020-12-13 00:16:57

This day refers to 24.Hours?

Wind 2020-12-13 00:17:06

Yes, 24Hourly continuous release

Be aware of this desire for control and identification, rather than letting it become a natural thought in your mind. (2020-12-13 00:17:58)

One release equals months of meditation

equals hundreds of years of natural
evolution — it's incredible!!!

December 13, 2020: It got stuck before it even left.

Wind 2020-12-13 00:36:05

Releasing what you want is actually very simple; usually, the
moment you allow yourself to become aware of it, you've already
released it—it happens in a flash, very quickly.

hai 2020-12-13 00:36:15

If I notice it but don't release it, wouldn't I still have to ask...

Wind 2020-12-13 00:36:42

I noticed it, so I asked if I could let it leave.

hai 2020-12-13 00:37:05

Does noticing a sudden, sharp
movement mean it's stuck ? (2020-12-13 00:38:12)

It got stuck before it even left.

Notice what you
currently want to
control, and then
prioritize releasing
what you want to
control.

Wind 2020-12-13 00:39:14

The card is a good thing; if it's not released, it's constantly being operated and released on the surface, and every time **it goes down...** Okay, slightly **up** After a while , people felt that the release method was not free, or that it required many other conditions.

Roller 2020-12-13 00:39:45

But Brother Feng, I told them before to release more **AGF**. The idea of releasing emotions and then desires feels a bit misleading to them, because many people get stuck on releasing desires and don't really pay attention to the six steps. So I recommend the elementary school method for releasing emotions.

Wind 2020-12-13 00:40:00

This won't solve the problem; releasing emotions won't solve the problem of being stuck in the desire to release them.

Roller 2020-12-13 00:40:14

Released enough **AGF** You release your desires
without effort or hesitation. (Wind, 2020-12-13 00:36:05)

This is what your mind is thinking, isn't **it?** -

Roller 2020-12-13 00:40:25

Haha, I thought of this a long time ago. I didn't use the six-step method back then.

Wind 2020-12-13 00:40:33

"We first enter the conscious mind, releasing control and identification, and then other things you're trying to release, like fear."

"You know, you'll spend hundreds and thousands of lifetimes trying to release your fear, and after that you'll still have anger, you'll still have other emotions . But when you release the desire to control, everything beneath it is released." Want to release **agf** Releasing desires again? Sorry, you could never release them

all in a lifetime.

Roller 2020-12-13 00:40:38

Now, I'm not really inclined to correct it anymore. That was probably discussed mid-month; when you're completely despondent, you stop; when you're fearful, you exert yourself. That's how I came up with this idea. Hahahaha.

Wind 2020-12-13 00:40:59

You can't solve your problem without following these six steps. These six steps don't mean you have to retreat into emotional release.

Roller 2020-12-13 00:41:05

Anyway, if you asked me to explain the six steps in a large group now, very few people would actually listen. I previously discussed this with **Roller...** I said
Let me clarify

Duality (December 13, 2020)

On 2020-12-13 09:42:15

@Wind, could you please help me answer this when you have time?

I saw this quote from a yogi in Yogananda: "Behind the Mayan suffering of duality lies the eternal light of unity." How should this "dualism" be understood? I seem to only vaguely grasp it. [Sad]

Wind 2020-12-13 09:42:54

Relativity,

duality, or

duality

There's a cold place, and a hot place. There's a high place, and a low place.

December 13, 2020: Allow yourself to become more aware of it.

Wind 2020-12-13 01:54:13

Just remove the last two sentences to release desires.

现在的感受是想要控制还是想要认同？允许自己更加觉

察到它

然后问自己：我能放它离开吗？

That's it.

on December 13, 2020, was to bring out the opposition procedure.

Wind 2020-12-13 15:52:47

"If I really want to achieve my goal, can I do it immediately?"

For example, suppose your goal is 1 million, and you now say you don't want money anymore. Great, then manifest 1 million and throw it into the river.

The key is whether it is possible, not the goal itself.

Goal release involves bringing out the opposing process, allowing oneself to reach the position of mastery over mind and matter, to the point where

achieving a certain goal can be done perfectly and
effortlessly.

by the Well , if you really don't want that million , just throw it away
after you get it.

Slight Warmth 2020-12-13 16:05:53

I have a question. If my original goal was, say, a 50-square-meter house because it's relatively easy to achieve, but later I discovered that a 110-square-meter house would be better, do I still need to achieve the goal of owning a 50-square-meter house?

Wind 2020-12-13 16:06:07

every impossible, no matter how impossible, become immediately a possible, as you

completely released on it.

If you want something better, then of course you don't have to.
But it's not because you can't, but because there's something better.
Eliminate all impossibilities in achieving your goals, while remaining
open to better ones.

2020-12-14 The mind can only tell you what it is
currently experiencing; it can only replay past
experiences.

Qingxi 2020-12-14 09:10:15

[Group Chat History]

【

[Image] Wind: This is a mental conflict, and
mental conflict is normal for people. I am

Infinite: They are all what I truly want.

Wind: Yeah, you've just made it complicated. Keep it simple and you'll be able
to use it.

I am Infinity: I can feel these two desires in my chest and abdomen. It's not
a physical sensation, just a feeling of desire, a mental desire— is this all
about wanting to control?

】

Is it controlled?

@Teacher Fengfeng , in this record,

the desires mentioned no longer stem

from a desire for approval or

control, but rather from a desire for

control in general? I don't

understand.

Wind 2020-12-14 09:10:22

Regarding the group owner's
issue alone, I want to
tolerate it and seek
treatment.
This is what

they want to control

Huixuan. (2020-12-14

09:10:27)

@Wind Are all our current actions karma?

Wind 2020-12-14 09:10:49

Karma is action and

reaction, which

Lester calls

"process".

The feelings and tendencies you

release are all karma. (Huixuan, 2020-12-14

09:10:58)

When something happens, are my various reactions driven by a program?

Free Life 2020-12-14 09:11:06

@Teacher Feng, is a feeling of

tightness in the chest and abdomen

also a physical sensation? Can it

be relieved?

Wind 2020-12-14 09:11:08

You need to be aware

of what the emotion

is, not just the

tension.

The Lester Levenson (The Sedona Method) audio I translated previously was just a significant part of it.

[Link: Lester's explanation of the release method
https://mp.weixin.qq.com/s/e15CGBTIRAKQAZ52RDKIuQ_]

The group admin just
posted this on the official
WeChat account at 09:11:38 on
December 14, 2020.

@Wind I 早 just want to ask, I've always felt this question has
nothing to do with release, so I've been holding back. Why do we need six people?
Is there some cosmic law involved? [Evil grin]

Wind 2020-12-14 09:11:45

Indeed unrelated

However, it doesn't actually

offer a mentally sound

explanation, which makes this

piece somewhat important.

"Everyone is combining other things with release, and when you do
that, you slow down the release. If you need something else, you slow down the
method."

The most important of these is this sentence.
Don't add anything to the
method itself. (2020-12-14 09:11:59)

I don't know if the method is

wrong, or if the release is

insufficient; it's definitely

not enough.

Wind 2020-12-14 09:12:09

How long do you release during the
day, and to what extent? Or what
causes you to stop?

The era of the Internet of Everything 2020-12-14 09:12:15

Now I'm basically
releasing energy all the time except
when I'm sleeping. (2020-12-14
09:12:24)

Does each release bring you an
experience that aligns with step six? (2020-12-14
09:12:39)

Not particularly easy,

It was somewhat relaxing, but not enjoyable.

On 2020-12-14 09:12:48

@Wind I only started experiencing the pleasure after each release yesterday, thanks to Roller's repeated emphasis, but I still haven't made it a habit. My inertia after each release is to quietly observe my breathing for a few seconds. Is this what you mean by combining it with other methods?

Wind 2020-12-14 09:12:50

Does your release come with a control program? (2020-12-14 09:13:15)

I don't feel anything.

Or perhaps they're too eager to change the status quo.

(Wind, 2020-12-14 09:13:18)

Just don't try to combine them intentionally.

The desire to change the status quo is not the problem.

Now that it's out, you should put the method to use.

Rong 2020-12-14 09:13:29

The method is to release this desire for change, right? [clasped hands] @风风
2020-12-14 09:14:17

Yes, the method is very simple.

So you don't need to spend more than a week dealing with the feeling that any worldly goal is impossible; it's because you're in an AGF emotional state.

Behind it lies a desire for control, as well as a desire for recognition and security—to achieve a very small goal, something that takes no more than ten minutes to accomplish, and half a day would suffice.

How long does it take to achieve a big goal that you think is difficult? I think it should take no more than a week. If you can't do it in a week, it means you haven't truly applied the six steps.

So, don't joke about yourself.

easy or impossible

The era of the Internet of Everything

2020-12-14 09:14:25

Your first instinct
might be that it's impossible.

(2020-12-14 09:15:04)

Simple, or impossible

Do you understand
this concept? (2020-12-14
09:15:18)

Only these two options

It's either simple,
or there can't be no
third option.

Wind 2020-12-14 09:16:18

Um

Wood 2020-12-14 09:16:45

Can it really bring out all the
subconscious tendencies? Of
course.

Cynthia 2020-12-14 09:16:55

@Wind, the kind of release you're talking about is continuous
release, right? Achieving a difficult goal in a week, this whole week should be a
continuous , uninterrupted release, right?

Wood 2020-12-14 09:17:04

For example, I released my fear
yesterday, but it's back again today.

这个方法让你去注意的是三大基本感受
basic feeling
也就是三大想要，驱动了一切情绪和感受持续不断是关键

Wood 2020-12-14 09:17:17

Sometimes, the wind's desire for safety
and security can also be recognized. (2020-12-14
09:17:28)

Okay, then release it.

Whenever you feel it, you don't need to
suppress it; you can release it immediately.

The era of the Internet of Everything 2020-12-14 09:17:39

I don't know where
it's stuck now. (2020-12-14
09:18:05)

Then you're stuck somewhere you don't know where.

To understand this, it's about wanting to control.

Shuxin 2020-12-14 09:18:27

@Wind Sometimes you feel down and unwilling to let go. Is
this something you want to control but not let go of? Wind 2020-12-14
09:19:09

Yes, you resist doing release.

Why the resistance to release?

It's simply a subtle feeling
of resistance and aversion.

Wood 2020-12-14 09:20:01

No need for too much analysis, right?

风 2020-12-14 09:20:14
主动去释放它
嗯，要尽力避免用头脑分析原理的倾向
头脑只能告诉你它目前经验到的，只能重播过去的经验

Shuxin 2020-12-14 09:21:07

风 2020-12-14 09:21:17

首先你能感受到抗拒吗

舒心 2020-12-14 09:21:24

特别抗拒

@Teacher Feng, could you please guide me? How do I release this resistance?
I'm stuck here and can't move.

接着你能感受到对它的想要改变吗？

如果不会释放流程，就花四天时间学会它

如果会了，就可以用

sedona method 不存在基础好和基础差的区别

不想面对，你想要逃开它

注意到这个想要，它是最表面的，你就可以释放了

The era of the Internet of Everything 2020-12-14 09:22:04

I think I've mastered the
release process. (2020-12-14 09:22:17)

Then use

Happy Time 2020-12-14 09:22:30

Sometimes I feel like I'm collapsing there in the wind.

Feeling lost and without support,

I want to change it. (2020-12-14 09:22:37)

You mentioned feelings and the desire to change.

What should I do if this
situation is not obvious? (Happy Time
2020-12-14 09:22:47)

Releasing the desire for
change and the desire to control the
wind. 2020-12-14 09:22:52

Um

Shuxin 2020-12-14 09:23:00

@Wind , are you looking for subtle changes? Are you focusing on that
desired feeling?

风 2020-12-14 09:13:12

“去做，持续去做，当你卡住的时候，使用这个方法中的‘怎么办’的流程，放开想要改变卡的感受的欲望。

如果这是一个模糊不清的感受，那就放开想要改变这个模糊不清感受的欲望，当你释放掉之后，你就能再次进攻那个对死亡的恐惧的感受。”

你们都知道该怎么办

The most superficial emotions don't require much
effort to feel. (December 14, 2020)

Sunny 2020-12-14 11:36:10

@roller I feel like I'm similar to that person before, or even worse. I'm constantly stuck in a state of stagnation, never successfully releasing my emotions, and completely unable to find the feeling of release. It's like I know my emotions, but when I try to release them, I can't feel them anymore.

When it comes to desires, no matter how I follow the process and ask myself questions, the answer is mostly "I don't know," "I don't know," "I don't know," making it impossible to continue. I don't know where the problem lies. Can you guide me through a complete release?

Wind 2020-12-14 11:37:12

When you can't feel something,
don't try to feel it. The most
superficial feeling right now
is subtle; don't try to answer
it.

This desire to change has pressed down on the sensations that arise below you.

Therefore, you must first release your desire to change or "want to figure things out . "

Sunny 2020-12-14 11:38:26

I couldn't feel it, and then I knew it was vague. I asked myself, do you want to be clearer? I found that I didn't feel that I wanted to change.

Wind 2020-12-14 11:38:40

The sensations below will become clearer naturally.

Sunny 2020-12-14 11:38:58

Then I would
answer "I don't know "

(2020-12-14 11:39:06)

Do you feel good or bad when
things are unclear?

If you feel bad, you want to
change it . (2020-12-14 11:39:16)

not good

Wind 2020-12-14 11:40:19

Hmm, you don't like
it, do you? Then
there's someone who
wants to change it.

You've already sensed it, you
just haven't recognized it . (2020-12-14
11:41:12)

I felt like I was in a state of numbness.

When I'm in a particularly urgent situation, I have a strong feeling, but once I get back into the flow, that feeling disappears.

Wind 2020-12-14 11:41:38

Let me first allow
this feeling to be expressed.

(Sunny, 2020-12-14 11:42:15)

Allow this
numbness, wind? 2020-12-14
11:42:44

You can't suppress it while
simultaneously releasing it . (2020-12-14
11:42:49)

I truly didn't know I was suppressing it.

风 2020-12-14 11:42:55

让自己感受到这个麻木的感觉

晴 2020-12-14 11:43:13

嗯，可以

风 2020-12-14 11:43:29

能辨识出是想要控制还是想要认同吗？

晴 2020-12-14 11:44:01

想要控制

风 2020-12-14 11:44:26

然后它离开了吗？

晴 2020-12-14 11:44:48

没有，又没有感觉了

风 2020-12-14 11:44:51

有在努力吗？

晴 2020-12-14 11:45:16

感觉不是努力，是飘忽

风 2020-12-14 11:45:28

逃避

晴 2020-12-14 11:45:36

好像是

Wind 2020-12-14 11:45:44

Suppression, escapism, expression

Three ways to deal with emotions besides release

Wind 2020-12-14 11:46:00

“Do it, keep doing it. When you get stuck, use the ‘what to do’ process in this method to let go of the desire to change the feeling of being stuck. If it’s a vague feeling, then let go of the desire to change that vague feeling. Once you’ve released it, you can attack that feeling of fear of death again.”

Sunny 2020-12-14 11:47:48

But what if all I want to do is
release, like this? It seems like
all I want to do is release my
desires, like just now.

Wind 2020-12-14 11:48:12

“Release the feeling of being stuck, and see how much you want to change those things—like I told you.”

Simply release the feeling that's stuck, or even the vague feeling — you might not even be able to see it because you're trying to escape it, or at least want to change this vague feeling—whatever it is .

Wind 2020-12-14 11:49:19

Actually, this is a good thing.

Many people don't realize that
getting stuck is a good thing
because the control program has
surfaced.

Wind 2020-12-14 11:50:16

When you get stuck, your tendency to escape, or your
tendency to forcefully suppress, emerges. (2020-12-14 11:50:48)

That's true.

When I'm stuck in a rut, I
try to escape by trying to
release it, but I also
want to learn how to
release it.

Back and

forth tug-of-war

2020-12-14 11:51:10

If you don't confront this blockage, it will
continue to operate within you. Have you
already experienced releasing your emotions?

Sunny 2020-12-14 11:52:00

I can complete the three-question process to release
emotions, but I've never experienced a successful
release. Releasing desires is completely stuck; I can't
even complete the process once.

Wind 2020-12-14 11:53:11

In other words, you haven't experienced the feeling of release.

Sunny 2020-12-14 11:53:23

Yes

This is what worries me.

You all say it's very simple,
but I feel it's so difficult . (2020-12-14
11:53:55)

Have you practiced along with the videos?

Yilin 2020-12-14 11:54:12

I've been stuck on this issue for a long time, it's clear I'm stuck,
but I can't let it go, or more accurately , I don't have the power to let it go.

Wind 2020-12-14 11:54:36

If you're stuck, use step five to release the control you want to exert over the stuck area.

Sunny 2020-12-14 11:54:48

At first, I followed the videos but didn't really get the hang of it. Later, I just followed the written instructions.

Wind 2020-12-14 11:55:16

你需要先体验一下释放情绪
把情绪表拿出来，找到你的感受然后直接感受一
会儿，用三问句

Sunny 2020-12-14 11:57:14

My feelings were mixed; in the first three moments, they shifted incredibly quickly—fear, despair, sadness. (2020-12-14 11:58:19)

Release the
most
superficial
and also the
most obvious
one.

It's okay if they're
mixed together; that's
often the case.

Sunny 2020-12-14 11:59:15

I feel fear, and I ask myself the three questions. Asking them isn't a problem; I can ask them, but while I'm aware of my feelings, I can't truly feel them. I keep asking myself the three questions—that's how I practice.

Wind 2020-12-14 11:59:17

问完之后，你要再感受一下现在的感受

Sunny 2020-12-14 12:00:03

Yes, there are.

The feeling jumped around, and I asked which one was the most obvious at that moment.

I just have this feeling, like I'm experiencing something, but it also feels like I'm mechanically answering questions. (2020-12-14 12:01:06)

第二次流程也和第一次那样做
辨识出来，接着感受它，再接着运用三问句

Sunny 2020-12-14 12:02:18

I haven't experienced emotional detachment or pleasure, nor have I had any significant emotional release, but sometimes asking myself three questions can make me feel a little better.

Wind 2020-12-14 12:03:17

That's not enough.

The release may be subtle at times, but it is usually noticeable.

So if you don't consistently experience significant emotional release, it means you're not releasing your emotions most of the time.

Sunny 2020-12-14 12:04:19

Yes, I've been in this
state . (2020-12-14 12:05:23)

One of the simplest ways is to try to become
aware of your desire to control, release, and
change the situation.

Sunny 2020-12-14 12:05:25

Sometimes I can
sense it
particularly
strongly.

Wind 2020-12-14 12:05:31

Once you release it, the release
process can proceed smoothly.
Sometimes you just don't recognize
it.

Use it as a background

For example, when doing release exercises, some people feel they must try hard to control their attention and not get distracted, while others feel they need to control the time interval between questions, and so on.

Sunny 2020-12-14 12:08:09

Another situation is that, regardless of how intense it is, and whether I can recognize it or not, when I ask, "Can you let it go?", there is no sense of release. I can't feel it leaving, nor can I feel its presence; it's as if it's hidden away.

Wind 2020-12-14 12:08:20

This is a typical

example of a
repressed habit that
you've suppressed .

So you are actually using force .

Sunny 2020-12-14 12:08:44

How can we release this oppressive feeling that we haven't even noticed? (Wind,

尽可能地放轻松然后运用流程

当你去感受时，你不用努力去感受

因为最表面的情绪是不需要费力去感受的当你问问句时，不

要努力去回答

体验不到释放，是因为在流程中添加了太多不必要的努力而不是简单地运用流程

2020-12-14 12:10:08)

Sunglasses 2020-12-14 12:10:25

What if you're
very tired? (Wind,

2020-12-14 12:12:37)

Are you physically tired?

Sunglasses 2020-12-14 12:13:19

Hmm, body and mind

The goal might

be too big and

too urgent.

Wind 2020-12-14 12:13:26

Relax, let go of the

urge to control your sunglasses.

(2020-12-14 12:13:38)

good

Caiqin 2020-12-14 12:13:49

I recently noticed that the back pain that had been bothering me for a while has disappeared. I've never relied on massages or anything like that before. Lately, besides releasing tension, I haven't done anything else related to my back. Could this be related to the release?

Wind 2020-12-14 12:14:03

This often happens

Caiqin 2020-12-14 12:14:16

It seems like this state needs to be
consistently maintained to become the norm, right?

(Wind, 2020-12-14 12:14:29)

Continue to release

Caiqin 2020-12-14 12:14:38

good.

Sunny 2020-12-14 12:14:45

It's so hard, I feel like I can't learn it no
matter what I do. I'm feeling completely hopeless.

(2020-12-14 12:14:56)

This is merely a feeling.

Sunny Girl 2020-12-14 12:15:06

Sometimes I suddenly feel very
angry, what's going on? (2020-12-14 12:15:18
)

Anger surfaced; any emotion can suddenly surface.

Caiqin 2020-12-14 12:18:23

How can @wind maintain its energy level in daily work?

Wind 2020-12-14 12:18:49

Releasing once is easy, releasing a second time is
easy, and then releasing again... Since you've felt it,
then release it.
agflapcap in the subconscious.

Caiqin 2020-12-14 12:19:24

Walking or taking a car alone helps me relax quite a bit, but I
unconsciously forget to relax when I'm working, doing things, or
interacting with people.

put

It seems I haven't developed the habit of consistently releasing [the
energy/energy].

Wind 2020-12-14 12:19:31

Start over and treat the release as if it were the first release.

Caiqin 2020-12-14 12:29:00

@Wind, I have another question. Once, when I was releasing my fear, the more I released, the more afraid I became. A lot of emotions welled up , and I couldn't suppress the pain and discomfort. I couldn't feel any joy, but I could feel many emotions rising up. Later, I was afraid that I would fall back into the release method my teacher taught me before, so I forcibly stopped.

Wind 2020-12-14 12:29:50

Release following the same procedure; if it gets stuck, release it if you want to control it.

Caiqin 2020-12-14 12:29:59

@The problem with the wind is that during the release process, a series of emotions are brought out, and you keep feeling those emotions.

Is this also stuck?

Sunny 2020-12-14 12:30:05

But I can't let it go, and this
feeling keeps repeating. (2020-12-14
12:30:12)

Start over, treat this release as if
it were your first time. Maybe in
the next few minutes you 'll learn

it .

Sunny 2020-12-14 12:30:19

Okay, I'll try releasing it again.
Should I start by asking
myself three-question questions ?

(2020-12-14 12:30:24)

Okay, let's
start with emotions. (Sunny,
2020-12-14 12:30:33)

OK

Caiqin 2020-12-14 12:30:45

I've also experienced feeling more relaxed and at ease the more I release,
but I often forget to release and avoid doing so. You need to constantly
remind yourself to do this.

Remind yourself

Wind 2020-12-14 12:30:55

Releasing will make you feel better, so
why not choose to release? (2020-12-14 12:30:59)
@GoodWind

Wind 2020-12-14 12:31:12

certainly
You are not
continuously
releasing what
you are stuck in
your emotions.
Continuous release means emotions are constantly leaving.

Caiqin 2020-12-14 12:31:26

Oh, I
understand. (Wind,
2020-12-14 12:31:38)

Accompanied by the continuous pleasure and relaxation

Caiqin 2020-12-14 12:31:47

I feel like one emotion just leaves and
another one comes, like gusts of wind. (2020-12-14
12:31:52)

Do you feel you need to exert
effort when you release tension?
(2020-12-14 12:31:59)

It seems I'm still stuck in my emotions.

The teachers used to teach us to get caught up in our feelings and
emotions, and that it would take a long time to release a strong emotion.

Wind 2020-12-14 12:32:12

That is, the standard for continuously staying in control is that each release should be more relaxed and enjoyable than the previous one, and feel better than before the release.

It's enough to feel more pleasure than before the release; it doesn't mean you have to reach a certain level all at once. Each release should feel more pleasurable than the last.

Miracle 2020-12-14 13:04:01

@Wind I want to ask where I should focus my attention. I always try to force it out, and it's so hard to control.

Wind 2020-12-14 13:04:12

Just focus your attention a little on your senses. [Laughs]

Miracle 2020-12-14 13:04:01

Is the wind blowing from the outer edge or the middle?
I get bounced away every time. It resists my attempts to release it.

Wind 2020-12-14 13:04:13

Don't worry about whether it's the periphery or the center; the key is to be aware of your emotions.

To release desires, you need to become aware of that fundamental feeling.

(Miracle 2020-12-14 13:04:29)

I can't detect emotions; what I can detect

is a blockage. My emotions are suppressed,
so what I usually perceive is a resistance
to this blockage.

Fruit platter 2020-12-14 13:33:08

@Wind Why do I often feel that my emotions are neither something I
want to control nor something I want to acknowledge, and I can't categorize them
like that? Will this affect the effectiveness of my emotional release?

In this situation, can I simply release the emotions I feel?

Wind 2020-12-14 13:33:45

You can simply release your emotions, but you can also become
aware of the desires they stem from, and then releasing those
desires is much more efficient.

It's not about categorizing, it's about
recognizing that it wants to control or identify with
the fruit platter. (2020-12-14 13:33:54)

It feels so abstract.

What exactly does it
mean to want to control? (Wind,
2020-12-23 12:34:12)

Wanting to control means wanting the world to be the way you want it
to be. You're stuck and want things to go smoothly.

2020-12-14 The desire for recognition and control behind agflap is both present.

D 2020-12-14 19:08:13

Greed stems from a desire for validation.

I check the time every day,

I've practically memorized it [facepalm]

2020-12-14 19:08:26

You've been released for so long and you still make such a basic mistake?

D 2020-12-14 19:08:38

@Wind, please correct me

Roller 2020-12-14 19:08:49

Basic desires drive emotions; nine emotions drive hundreds and thousands of feelings; feelings drive tens of thousands of thoughts. (2020-12-14 19:08:55)

a gfl a p Don't you understand the underlying desire for approval and control ? ●

Release whichever one you notice more clearly.

That arrow is a misleading design created by the illustrator for aesthetic purposes.

D 2020-12-14 19:09:26

I see,

that

makes

sense.

[Animated Emoticons]

Thank you for your corrections.

2020-12-16 Does "not wanting" mean wanting to control?

Shuxin 2020-12-16 09:10:17

@The feeling of the wind is blurry and unclear. Sometimes I don't even feel the need to change it, so how can I keep going?

teacher

Wind 2020-12-16 09:10:24

So you want to

maintain it? (Shuxin,

2020-12-16 09:10:38)

In no mood

Wind 2020-12-16 09:10:49

Do you like this
feeling? (Posted by Shuxin,
2020-12-16 09:10:58)

Does this "don't want"
mean wanting to control?
Does it mean disliking?

Wind 2020-12-16 09:11:01

That is, the
desire to change things at
09:11:06 on December 16,
2020.

@Wind , what if you feel like it ?

Wind 2020-12-16 09:11:14

If you like a feeling, you have a craving for it, a desire to hold onto it. (2020-12-16 09:11:26)

@WindWantsToControl

[Laughing]

Wind 2020-12-16 09:11:38

If you dislike a feeling, you have an aversion to it and want to push it away.

attachment and aversion

On 2020-12-16 09:11:50

I understand, thank you.

Shuxin 2020-12-16 09:12:42

Teacher, I have another trigger point. Some things ignite my rage, and I feel like killing that person. I want to swear and curse. At these times, I can't calmly release my anger. What should I do?

风 2020-12-16 09:12:57
先允许这个情绪表达出来然后你就能释放了

Shuxin 2020-12-16 09:13:00

Is it okay to vent your anger, but not directly at the person involved? (Feng, 2020-12-16 09:13:09)

Well, if you really can't control yourself...

Allow yourself to lose control a little, then easily focus on your feelings . (2020-12-16 09:13:33)

So, if you can control yourself, don't go crazy? (Wind, 2020-12-16 09:13:54)

sedona The "method " approach, invented by Lester Levenson (The Sedona Method) , is a rigorous method where each step follows a specific approach without requiring the introduction of any additional concepts.

Shuxin 2020-12-16 09:13:59

Thank you, teacher

Wind 2020-12-16 09:14:01

Don't suppress your feelings.
However, don't let it erupt too violently and get out of control.
Be especially careful when encountering strong emotions.

Shuxin 2020-12-16 09:14:12

When I really want to express myself but choose to hold back, is that suppressing my feelings?

Wind 2020-12-16 09:14:26

“We now spend 99% of our time on our subconscious mind, suppressing feelings that have accumulated in the past. If all the anger were to surface at once , we would completely lose control and might hurt someone, so it is necessary for us to suppress that accumulated anger. The same goes for grief; if grief were to surface all at once, we would be overwhelmed by it to the point that we cannot control ourselves. ”

This applies to all emotions. There are too many emotions accumulated from the past, so we have to spend the vast majority of our time suppressing them.

Control these pressures.

I call them pressures because every subconscious feeling wants to surface and reveal itself. We very carefully bring them to the surface, letting go of control, releasing the subconscious pressure and drive, and allowing them to flow freely.

A: This technique first shows you the full picture of your mind and emotions, and how they are connected. This technique brings your subconscious mind to the surface, from where we don't look, to where it is right in front of you—so that you can do something about it.

It shows four things we can do about our emotions and feelings. The worst thing we can do is suppress them. The second, slightly better, bad thing is to escape. The third thing we can do is begin to release from suppression, which is to express your feelings or emotions. The fourth thing, and what we need to do, is to pour out your suppressed emotions.

These key parts have all been translated.

If you don't allow it to be expressed, you are suppressing it.

However, if too many feelings surface at once and you lose control of your emotions, you won't be able to release them. Therefore, you must be very careful to let them surface.

Do not use force during this process.

On 2020-12-16 09:14:55

What does

"attachment " mean? (2020-12-16
09:15:11)

What to do when

you lose control of your
emotions ? (2020-12-16
09:15:27)

craving, clinging

If you truly lose control of your
emotions, let them run wild for a
while and allow them to express
themselves; this will help you
release them.

Happy Time 2020-12-16 09:15:33

@Wind, what is it like to release control over your body? Are there
any warning signs beforehand? Wind 2020-12-16 09:15:39

Reclaiming control
over one's body? (Happy Time

2020-12-16 09:15:44)

having released all
feelings, took control. (2020-12-16
09:15:55)

Have you released
all your feelings? Happy Time
2020-12-16 09:16:00

Um

Wind 2020-12-16 09:16:04

A tranquility that transcends all, it is indescribable.
imperturbability

Absolute tranquility that no one or nothing can disturb.
Lester said that in Sanskrit it's called Nirvana .

When you manage to quiet your mind temporarily through any
means, you can briefly experience moments of joy. (2020-12-16 09:16:13)

You can complete all of this independently without any external

风 2020-12-16 09:16:20

这即是瑜伽科学里面所说的萨比卡帕三摩地

但是在萨比卡帕三摩地中，种子的力量还存在，因此还会退失当然

而当你达到「涅比卡帕」三摩地时，一切种子都失去作用了这时候你还有残存的业力，但是你消除它只是个时间问题 有的大师会选择把那些残存的业力保留更长时间

interaction, right?

To continuously return to the world to help more people

Some masters achieve Paramukta, becoming Siddhartha (a perfect being)
, and directly merge with the infinite.

Happy Time 2020-12-16 09:16:25

I don't understand the rest. Just keep moving
forward and releasing energy, right? (Wind, 2020-12-16 09:16:29
)

For you, it's
knowledge, yes,
implementing the
six steps.

In the six steps of the "Nabhikāpa" Samadhi, only
the first step has been fully achieved; the
subsequent work has only just begun.

You will fall into the last five steps.

Every choice and decision you make naturally tends towards freedom.
Because the seed has ceased to function, it means that
the direction towards the world is no longer
effective; the direction towards freedom is no longer
relevant.

I can describe this stage using
different teachings. In the
Buddha's teachings, this is
called the stream-entry fruit.

From the stream of
ordinary people to the stream of saints
(2020-12-16 09:18:05)

that's how pre-flow
fruits are formed! (2020-12-16
09:18:13)

"Noble disciple! Contemplate suffering, the origin of suffering, the cessation of

suffering, the path to the cessation of suffering, and the path of the cessation of suffering. Contemplate the Dharma in accordance with the Dharma, without defilements, by choosing, distinguishing, investigating, knowing, being wise, opening one's mind, and observing. This is called right view, which is noble, transcendent, without defilements, non-attachment, rightly extinguishing suffering, and turning towards the end of suffering."

On 2020-12-16 09:18:26

What about alchemy?

Wind 2020-12-16 09:18:52

Lester: Yes, that was the first step, and the first step in the method, wasn't it? You have to want freedom more than you want the world .

Let me rephrase it slightly, but this is indeed how it originally was. Because it seemed to have no real relevance to people , we modified it to "You must want freedom more than you want to be recognized and controlled," because being recognized and controlled is equivalent to the world.

But I think it's better to say, "You must want freedom more than you want the world." If you do that, your next action will be to turn away from the world, focus back on yourself, do what it takes to leave the world, and allow your infinite existence to simply exist here.

So the first step is that you must want freedom more than you want the world.

Daoist alchemy is not a method that allows for freedom.

Turn your gaze toward the world, focus back on yourself, do what is necessary to detach yourself from the world, and allow your infinite existence to simply exist here.

Lester's words were too plain, making them

too easily overlooked and ignored. (Macro 2020-12-16

09:19:06)

Is resigning considered
this kind of thing? [Facepalm] Wind
2020-12-16 09:19:18

no

This is unrelated to any action.

This is merely the discovery of what Lester
called "the sole source of happiness." Once
you've discovered it, you can turn around.

When the direction is completely reversed, you will enter the so-called
"Nebikapa" samadhi.

Qingxi 2020-12-16 09:19:46

Do I need to quit my job and get away from people?

I feel that one's mind is active when in a
crowd or during interpersonal interactions. (Wind,
2020-12-16 09:19:50)

When seeds lose their function, it means
the world's direction is completely lost.

Do you want to suppress those active
minds?

Hong 2020-12-16 09:20:21

I hate interpersonal relationships, and
I desperately want to live a secluded life.
(2020-12-16 09:20:29)

That's "a loathing
for the world." (Qingxi,
2020-12-16 09:19:46)

We need to release these active minds now, but if we release them
completely, will the final outcome be as mentioned above ? Leaving the crowd?

Wind 2020-12-16 09:20:58

It depends on your choice.

Aversion to the world is

not a desire for freedom;

one must understand this.

Disgust and craving often appear in pairs.

When you have a desire for the world, you will also have aversion to it.

I've found that many people mistake "disgust for the world" for a desire for freedom.

Qingxi 2020-12-16 09:21:32

Oh, so when you're truly free, there's no difference between being part of the crowd and being apart from it? Absolutely no difference.

is that so?

Happy Time 2020-12-16 09:21:49

Is it possible to release aversion, release desire, release what you gain through goals, and then let go—that's a process?

Wind 2020-12-16 09:22:05

The eternal tranquility of infinite existence will not be disturbed.
After achieving the desired outcome, continue to release the
attachment to what has been gained.

On 2020-12-16 09:23:09

@What level of attainment is emphasized in the Four Dhyanas and
Eight Samadhis of Daoist Alchemy (One Dhyana)? Second Dhyana Third Dhyana The inner
visions appear differently in the fourth jhana . For example, I remember that when
you reach the fourth jhana, the inner vision is a mandala. These aren't methods of
achieving freedom, are they?

Wind 2020-12-16 09:23:41

Not a free method

2020-12-16 Meditation is merely a form of suppression.

Wind 2020-12-16 09:58:10

I once practiced
the second stage
of meditation
during my middle
school years.
Through Theravada Chan Buddhism
Meditation is merely

a form of suppression.

(2020-12-16 09:58:28)

But this is a method left by the Buddha,
as described in the Agamas. (2020-12-16 09:58:46)

The Buddha's journey to enlightenment involved reaching the
state of neither perception nor non-perception, yet he knew it
was not true liberation. Therefore, he led his followers in a
six-year arduous pilgrimage.

Then, it was discovered that
asceticism is not a path to liberation
either, on 2020-12-16 at 09:59:02.

@Feng What is the final method for liberation
left by the Buddha? (Feng, 2020-12-16 09:59:29)

The Agamas never say that the four dhyanas and eight samadhis can lead
to liberation.

Instead, it
involves
contemplating the
twelve links of
dependent
origination and

their cessation,
and the four
foundations of
mindfulness.
The World

View Collection was
published on December
16, 2020. 09:59:52

Didn't the Agamas leave behind diagrams of
the inner vision? Maybe I'm
remembering wrong. (Feng, 2020-12-16 09:59:55)

No

The Agamas are the true
original Buddhist scriptures,
although they contain some
additions and alterations by
various schools of Buddhism.

However, the *Saṃyutta Nikāya* still retains its original form as
much as possible.

The Buddha was a very rigorous teacher and would not have left behind
such mystical teachings.

I had memorized many scriptures before, but after the "Nabhikpa"
samadhi, I realized which parts had been altered and which parts had been
rearranged.

Next, one should be able to accurately
understand and distinguish all the
classics , identifying which masters
are genuine and which are false.

2020-12-16 If you can't tell the difference, isn't that what you want to tell the difference?

Clear blue sky 483 2020-12-16 11:09:05

I have a lot of vague and unclear feelings. Sometimes I ask myself, do I want things to be clearer? I don't know.

Do you want to?

Wind 2020-12-16 11:10:15

Sometimes fish forget they live
in water. (Clear Sky 483, 2020-12-16
11:11:12)

Either you want to maintain that state, or you want to improve, but sometimes you just can't tell the difference, it seems...

subconscious

I just want to stay still, but I know I need to do better, so I'm confused about the difference.

Wind 2020-12-16 11:11:10

The inability to
distinguish is precisely because you
want to distinguish them, isn't it?
(Posted by晴空万里483, 2020-12-16
11:11:20)

Yes, haha

@Teacher Feng,
you're so kind! Ye Minzhen
Jamie 2020-12-16 11:12:16

@roller Why did you leave before
Feng Ge ? You arrived so timely.

Wind 2020-12-16 11:12:20

He needs to keep releasing it.

Wait until you're no
longer affected by the release before
coming back. (Ye Minzhen Jamie,
2020-12-16 11:12:25)

[Animated

Emoticon] Wind 2020-12-16
11:12:40

Now he's guiding you, and he's being
influenced himself. (Sui Le, 2020-12-16 11:13:44)

@Wind I unconsciously exert too much force when releasing my desires; the momentum is too strong. Is there any way to become aware of this?

What about inertia?

Jamie Ye Minzhen 2020-12-16 11:14:13

I also want to leave
the group as soon as
possible to be free
and no longer depend
on you @roller

Wind 2020-12-16 11:14:20

Leaving a
group is not
a matter of
free choice,
it's just
leaving the
group.

发现自己想要控制
不看看自己在用力压抑什么感受看看那个卡住的感
受
然后看看你是多么想要改变它

Guo Xingxing 2020-12-16 11:17:50

This is amazing; I really want to change it. Is this a confrontation with
that emotion?

Wind 2020-12-16 11:17:59

It's enough to see that you want to change.

See how it feels to be stuck? If
you're stuck, you definitely want to change things.

(Feng, 2020-12-16 11:18:10)

Then the desire for change surfaced and was released.

What happens when you want to change and release?

Of course, the situation will naturally change along the way

(* ^ ω ^*) 2020-12-16 11:18:20

@Teacher Feng, I get stuck as soon as I try to release it. The
feeling of being stuck is all about wanting to control it; I just want to finish
releasing it as soon as I try. (Feng, 2020-12-16 11:18:26)

You won't get stuck.

That feeling of being stuck will
obediently surface and be released.

Yes, once you notice it, you release
it.

Wan Xiaoli , 2020-12-16 11:19:15

Sometimes when I get stuck, I just wait a while
and it moves on its own. Would that work? @风随乐 2020-12-16
11:19:20

@Wind I felt joy twice this afternoon, and I laughed to myself.
Today I got stuck again. (2020-12-16 11:19:29)

Be

proactive,

don't

wait.

While you shouldn't try to control
the release process too urgently,
you also shouldn't passively wait
for it to happen.

Actively ask yourself if you can perceive the
desire for change, and if you can let it go . (2020-12-16
11:20:30)

Normal thing

Wan Xiaoli , 2020-12-16 11:21:40

I've tried it; the harder I try, the
tighter I hold on, and then I just lose my way. (Guo
Xingxing, 2020-12-16 11:21:55)

Seeing this sentence
made me laugh again. (Wind,

2020-12-16 11:22:47)

Don't try.

Keep doing it, but you
might be a little
confused about it at
first if you don't put
in the effort.

But once you get to know it,
you'll understand what this means. (Wan
Xiaoli, 2020-12-16 11:23:10)

Proactive without
effort? @Fengfeng 2020-12-16
11:24:38

yep

To release effortlessly and proactively
If you find yourself trapped in a habit of
striving, it's simply a control program; you just
need to release the urge to control it.

Many people are afraid to actively release their energy because they
are afraid of getting stuck.

Xiao Yi 2020-12-16 11:25:00

I desperately want to cry, but I can't. I feel like I just need to let loose and live the life I'm meant to live.

son,

Wind 2020-12-16 11:25:06

But isn't being passive the same as wanting to control? (Xiao Yi, 2020-12-16 11:25:18)

Is this something that needs to be released?

(Wind, 2020-12-16 11:25:34)

Yes, but wanting to control negative and passive states in an AGF state isn't a good thing.

You can go look at goals and The winning article Furthermore, inaction is not helpful; only release is.

The only way to resolve the card issue is to release the control program causing the card problem , rather than passively waiting for the card to disappear automatically .

Wan Xiaoli, 2020-12-16 11:28:29

Goals and winning means you must win the goal.

ZOEY 2020-12-16 11:33:45

After @Wind releases the desire to control the card, does it need to return to the desire to control/identify that it was trying to release before, and ask if this desire still exists? Or does the process end after releasing the desire to control the card?

Wind 2020-12-16 11:34:19

Going back to the previous feeling, check if it's still lagging. If it is, try releasing the control again.

Vian 2020-12-16 11:35:11

@Wind, does releasing a target necessarily mean achieving it? If it's been two weeks and the target still hasn't been reached, what could be the reason?

Wind 2020-12-16 11:35:19

To release a stuck situation, you might need to

release it several times to try and control it.

That's okay.

At least you have to release it to that state.

You may no longer want the
goal, but the goal itself
is not the point.

Vian 2020-12-16 11:37:45

But Lester Levenson (The
Sedona Method) said it absolutely had
to be done, didn't he? (Feng, 2020-12-16
11:37:49)

Yes

Vian 2020-12-16 11:38:54

@Wind What's the
key point? Wind 2020-12-16
11:38:59

[Group chat history]

【

Wind: "If I really want to achieve my goal, can I do it immediately?"

Wind: For example, suppose your goal is 1 million, and you now say you don't want money anymore. Great, then manifest 1 million and throw it into the river.

】

Wind 2020-12-16 11:38:15

So I said this

For example, suppose your goal is 1 million, and you now say you don't want money anymore. Great, then you manifest 1 million.

After 10,000

Throw it into the river.

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You can be even more joyful, even more joyful.

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This is step six.

Actually, I suggest not saving the money obtained through releasing funds.

If you
release a
million,
you should
continue to
release
your

attachment
to it and
then you
can spend
it

immediately
.
Because you know that you have this
inner ability to create at any time.

Wenlan 2020-12-16 11:43:51

@Wind's identification with and desire to control a goal have been
released, and after a period of relaxation and pleasure, [they
will]...

Same
order

The target may also have a desire for control and approval; is this because it wasn't
successfully released before?

Wind 2020-12-16 11:43:59

Saving is driven by a
sense of insecurity. (Sui Le,
2020-12-16 11:44:10)

@Wind, remember this: don't save
the money you release. (Wind, 2020-12-16
11:44:19)

No, no

I'm not instructing you in practice not to save.

I hope that after you achieve your
goal, you can continue to let go of
greed until you are certain within
yourself that you have the ability to
create at any time.

This is the result of not being able to release continuously.

Without sustained release,
it will develop again. (Wenlan,
2020-12-16 11:48:38)

Having already felt relaxed and happy,
is there a need to continue releasing that feeling?
(2020-12-16 11:48:40)

Of course!

See that article. high to release
Wind 2020-12-16 11:49:00

If you release energy only to get high and then stop, you'll just keep
going up and down.

Repeated loop

Yilin 2020-12-16 11:49:17

@Wind I released my weight loss goal but didn't achieve it within the set time, so I need to try again at a different time.

Release?

Wind 2020-12-16 11:49:24

After emotions rise, it's important to continue releasing them, digging out the deeper layers of negativity. (2020-12-16 11:50:44)

Yes

Wenlan 2020-12-16 11:50:49

I was already relaxed and happy, feeling that I had lost control and identification with the experience, so I didn't know what to release.

Vian 2020-12-16 11:51:04

@The release of ideas that haven't been realized after a long time can lead to a sense of frustration, which is also because there are still some limitations in the human heart.

It wasn't completely released, was it?

ZOEY 2020-12-16 11:51:16

@Wind has failed to achieve his goals by the set time several times now. Each time, I set a three-day deadline to force myself not to procrastinate. Is there a problem with this approach?

Wind 2020-12-16 11:51:28

Ask yourself if you want to feel better. Yes, it's just a feeling.

Wind 2020-12-16 11:52:16

Yes, but be careful not to suppress your feelings. (2020-12-16 11:52:50)

@Wind After I release myself to a state of ease and joy, continuing to release leads to peace, is that correct? Wind 2020-12-16 11:52:57

Coercion may lead to repression

Vian 2020-12-16 11:52:59

Thank you, wind.

Wind 2020-12-16 11:52:59

You're welcome
It can keep being released
Why stop something as easy and enjoyable as liberation? Don't stop until you achieve ultimate freedom.

Zhang Fei 2020-12-16 11:53:36

What to do when you feel frustrated because you didn't achieve your goal within the specified time?

Vian 2020-12-16 11:53:48

Does this mean I can release the wind whenever I want to do anything later? Right now, I can only release it when I'm focused. (2020-12-16 11:55:10)

Release! What to do?

Do you think those feelings of frustration are newly generated? They are accumulated from past failures. If you don't confront them, they will remain inside you.

Yes

Once you get used to releasing, nothing you do will affect your ability to release.

What are the main reasons for the difficulties in releasing the law on December 16, 2020 ?

Bethlehem Star 2020-12-16 16:02:54

Wind, many people feel that the main reason for the difficulty in releasing the Dharma lies in what aspects? Wind 2020-12-16 16:03:20

Firstly, some people can't find the right feeling when releasing their emotions.

For example, in the advanced group, there was someone who practiced and learned release very diligently, but after practicing for a long time, she still couldn't find the feeling.

However, the inability to find the right feel simply means you haven't practiced enough; this part is actually quite easy to overcome.

Next are those who have already found a sense of release. The main reason this group finds it difficult is due to two tendencies.

One is repression, the other is escapism; overall, it's a problem.

Then there are also some people who feel that the difficulty lies in the lack of motivation to release it.

This is quite simple: they haven't benefited from liberation, or they don't believe that liberation can bring them these benefits.

benefit

If you can use the six steps, it won't seem difficult.

Stephen found it difficult simply because he didn't follow the six steps.

If you can't do it in a month, and you still can't do it in two months, then freedom is impossible for you; you can't drag it out for very long.

You can't say, "I'll do a little bit every day, and then I'll be free

in ten years."

To fully implement the six steps, you either need to resolve it within one or two months, or you'll never be able to do it in your lifetime. Because if you don't have freedom within one or two months, then you're not on the "six steps."

How can you be free if you don't follow the "six steps"?

By following the six-step release method, you can reach an extremely high state and even enter the "Nebikapa" Samadhi within a week.

If you drag out this process for a long time, then it will definitely not be included in the "six steps".

Lester tells you that one release is equivalent to several months of meditation, while a release only takes a few seconds.

This method is extremely efficient; it takes only a few seconds to achieve the same effect as months of meditation.

You can check out the "six steps" to see if you're in the right group.

If you are in the "six steps," your release will be continuous, and your pleasure will continuously increase as you make free decisions.

Decide not to stop until you achieve freedom.

Deciding to obtain everything you desire through release will also lead you to continuously release.

You'll have everything you want
until you reach the destination;
everything is everything.
You gain everything you want simply by releasing,
which also allows you to follow the six steps,
pick up any one of the instructions, and you will
be free.

First, you achieve what you want through the material world, and then you
reach what Lester called "materialization and..."

The stage of "dematerialization"

If this continues, he can materialize
and antimaterialize matter, making it
appear and disappear instantly.
Simply by changing the mental image,
matter immediately changes and reaches
this stage, but further release is still
needed.
Karma that completely transcends the
material world, the astral realm, and
the causal realm, reaching infinite
existence.

Can Wang Yangming's philosophy of mind lead to freedom? (2020-12-16)

othi 2020-12-16 22:12:19

Can Wang Yangming's philosophy
of mind lead to true freedom? (Posted by
Feng on 2020-12-16 22:12:56)

cannot

A key aspect of Yangming's philosophy of mind is the classification of
doctrines.

In his book *Instructions for Practical Living*, he vehemently demonstrated
the differences between Confucianism and Buddhism/Taoism.

Those who interpret Wang Yangming's philosophy of mind as a
spiritual classic may not have even finished reading the complete
Instructions for Practical Living. (2020-12-16 22:17:26)

What is the core of Yangming's
philosophy of mind? @Fengfeng 2020-12-16
22:17:45

To cultivate conscience

The specific skill lies in
"focusing on the One" and relying on
Heavenly Principles . (2020-12-16
22:18:12)

Is conscience
the true self? (Posted by
Feng, 2020-12-16 22:19:30)

When practicing filial piety,
one should focus solely on
filial piety; when practicing
brotherly love, one should
focus solely on brotherly
love. The concept of
conscience originated from
Mencius.

Yitian 2020-12-16 22:19:48

Is this the "sincerity" mentioned in
The Great Learning? (2020-12-16 22:19:55)

Of course not

There's no need to study Wang Yangming's methods, because he wasn't a
seeker of any kind of liberation.

Nothing 2020-12-16 22:20:31

What about
the Analects? (2020-12-16
22:20:36)

The philosophy of mind originates from the mind.

Yitian 2020-12-16 22:20:59

So what level of enlightenment did
Wang Yangming ultimately attain? (Feng,
2020-12-16 22:21:16)

Confucius was a great master, so Yogananda also hung his portrait in
his church.

However, Zhu Xi and his followers only elaborated on the principles of
righteousness and added some "states of meditation."

Nothing 2020-12-16 22:22:08

@Feng, can the Analects
offer some relief? Feng 2020-12-16
22:22:18

The method was lost.

You won't find the method by
simply reading the Analects. (Yitian,
2020-12-16 22:23:07)

From the perspective of emotional release, does
Wang Yangming's philosophy of mind also involve the suppression
of emotions? (Feng, 2020-12-16 22:23:25)

You could
certainly say that. (Yitian,
2020-12-16 22:24:11)

What exactly was Confucius learning in
his saying, "To learn and at due times to practice
what one has learned"? (2020-12-16 22:24:45)

The learning of the
Zhou Dynasty royal officials, the
Six Arts of the Gentleman Relying
on Heaven 2020-12-16 22:26:22

Can one truly reach a profound
level by learning these things? (Wind,
2020-12-16 22:27:46)

No, this is just
a matter of skill.
(2020-12-16 22:28:17)

How did Confucius
become a master? (2020-12-16
22:28:24)

The profound realm lies in the "Great
Learning," taught only to a select few. (Yitian,
2020-12-16 22:29:30)

What is the difference between the "investigation of

things" in *The Great Learning* and the "investigation of things" of Wang Yangming? (Feng, 2020-12-16 22:29:56)

There is a big difference

The intricacies involved here would take a long time to explain. (Yitian, 2020-12-16 22:30:56)

Let me give you an overview first.

Wind 2020-12-16 22:31:04

From manifesting
one's virtue to the
investigation of
things, and from the
investigation of
things to achieving
peace throughout the
world.

Yitian 2020-12-16 22:31:37

What does
"thing" refer to? (2020-12-16
22:32:42)

everything

However, there are two aspects to this.

Yitian 2020-12-16 22:32:51

Things —

Investigating Things —

Investigating Things 2020-12-16

22:33:06

Everything has a beginning and an end, and all things have a root and a branch.

Wood 2020-12-16 22:33:13

Is it possible to release tension while watching a movie, for example? (Feng, 2020-12-16 22:33:29)

I don't engage in any recreational activities unless I want to get myself into a productive work environment.

However, when you watch a movie, if your focus is on the movie itself, and you're drawn in by the plot, then...

Release of law

Because you derive pleasure from the movie plot rather than from within.

The era of the Internet of Everything 2020-12-16 22:35:51

Does Teacher Feng know what state we're in? Who in this group is free to do anything?

Wind 2020-12-16 22:37:01

Give it a try. How will you know if you don't try? Anyone can be free. But very few people actually want freedom.

Huixuan 2020-12-16 22:39:17

@Wind , can you lead us in a group release?

Wind 2020-12-16 22:40:50

Not bringing a group release won't help.

True help is using liberation as a method of self-reliance; one cannot achieve freedom by depending on others.

This goes against the grain.

The attempt to find power externally prevents one from discovering the true source of infinite power.

That's it ● ●

Yitian 2020-12-16 22:43:24

Since Confucius was a great master, he must have been free .

(2020-12-16 22:44:00)

Although I can recreate Confucius's methods in Samadhi, almost no one in this era can use them. (2020-12-16 22:44:14)

Therefore, I will not do such work. (Huixuan, 2020-12-16 22:44:14)

@Feng Liuzu is Free Now? Tiancheng
2020-12-16 22:44:27

@Feng Is Confucius still helping
others achieve freedom? Feng 2020-12-16 22:44:47
Huineng was free, and indeed, the Linji
school had many free masters .

Tiancheng 2020-12-16 22:45:37
Where is Confucius
teaching now? (2020-12-16
22:46:06)

They were all in
Xilanyaloka. (Xu Tao,
2020-12-16 22:46:09)

Lester recommends "An Autobiography of a Yogi,"
everyone should check it out when you have time. (2020-12-16
22:46:12)

@Wind, could you develop an even simpler method
for all living beings to achieve freedom? (Wind, 2020-12-16
22:46:32)

112 methods .
In different eras, masters will
reveal different methods. The most
suitable method for this era is
the release method.

The era of the Internet of Everything 2020-12-16 22:47:14

112 items. Are there any that are not self-reliant?
Wind 2020-12-16 22:47:22

Therefore, the masters all left around 1952 .
Especially Yogananda, who chose to leave
on March 7 , 1952 , and thus had to
become independent .

on December 16, 2020 , only takes a few seconds.

The era of the Internet of Everything 2020-12-16 22:52:01
Oh, I feel like it's really hard
for people to be independent
these days. For example, how can
I help others?

Wind 2020-12-16 22:52:15
Truly helping others is about freeing your ego.
You will understand from a higher
perspective what is best for someone,

rather than just providing superficial
help.
sense of ego
It's your mindset
The mind is constructed around the self.

Sui Le 2020-12-16 22:53:41

@Wind While releasing, we also use the method of love from Lester's
book "The Power of Love." (2020-12-16 22:54:03)

no

In fact, Lester told you this in the audio.
He spent three months, including time for exploration.

He said that if he had known the six steps from the beginning, he would have spent a month or less, which would have been simpler or impossible.

If you can't do it in a month, or even two months, then freedom is impossible for you; you can't drag it out for very long. You can't say, "I'll do a little bit every day, and then I'll be free in ten years."

To truly implement the "six steps," you either need to resolve it within one or two months, or you'll never be able to do it in your lifetime. Because if you lack freedom within one or two months, then you're not truly on the "six steps."

How can you achieve freedom without following the "six steps"? Yes, the six steps are the complete map. You don't need to add anything else to it.

Huixuan 2020-12-16 22:56:19

@Wind, do you know our individual states? Am I releasing things correctly? (Wind, 2020-12-16 22:56:39)

That's definitely wrong.

(Huixuan, 2020-12-16 22:56:40)

I don't know what I did wrong. (2020-12-16 22:57:11)

By following the six-step release method, you can reach an extremely high state and even enter the "Nebikapa" Samadhi within a week.

If you drag this process out for too long, then it will definitely not be included in the "six steps." Lester tells you that one release is equivalent to several months of meditation.

A single release only takes a few seconds.

This method is extremely efficient; it takes only a few seconds to achieve the same

effect as months of meditation.

You can check out the "six steps" to see if you're included.

If you are in the "six steps," your release will be continuous, and your pleasure will continuously increase.

The era of the Internet of Everything 2020-12-16 22:57:22

Part Two: Is this decision about freedom or
about releasing the wind? (2020-12-16 22:57:38)

Make a free decision

Decide not to stop until you achieve freedom.

On 2020-12-16 22:57:44

For now, can we ignore the first and second steps? We'll use them when we
get to the pre-flow results.

These two steps

Wind 2020-12-16 22:58:04

When the Buddha sat under the tree, his
decision not to rise until he found the path
to liberation did not mean he neglected the
first and second steps.

The complete achievement of the first step requires pre-flow.

However, if you don't actively use the first and
second steps, you won't be able to achieve the
desired results. The six steps of pre-flow
preparation require your active implementation.

Then, once you've completely achieved the first step, the remaining
five steps will guide you.

Therefore, the most practical approach for you is the teachings that
Lester highly recommends.

get everything by releasing only

The era of the Internet of Everything 2020-12-16 22:58:18

I don't feel anything
about my goals right now .

(2020-12-16 22:58:44)

Because you always have something to want
Deciding to obtain everything you desire through
release will also lead you to continuously release
things you want until you reach the end.
everything means everything
Everything is everything

You gain everything you want simply by releasing,
which also allows you to follow the "six steps." Pick
up any one of the guidelines, and you will be free.

First, you get what you want through the material world, and then you
reach the stage that Lester talks about: "materialization and antimaterialization
."

It's what Lester Levenson (The Sedona Method) showed you: getting
what you want effortlessly.

Michael reached that
stage , but Lester
said he didn't
continue.

If this continues, he can materialize

and antimaterialize matter, making it
appear and disappear instantly.
Simply by changing the image in one's
mind, matter immediately changes and
reaches this stage, but further release is
still needed.

Karma that completely transcends the
material world, the astral realm, and
the causal realm, reaching infinite
existence.

I'm just repeating the complete map.

On 2020-12-16 22:59:01

Thank

you, wind! (Wind,

2020-12-16) 22:59:06

You're welcome

Keep it simple, follow these six steps

2020-12-20 Desire is a basic feeling, not a thought.

Wind 2020-12-20 11:45:23

No, I mean we need to learn how to release our emotions first.

学会释放情绪之后就可以学习释放欲望然后你就直接释

放欲望

不过要注意欲望是一种基本感受 (basic feeling) 并不是一种想法
它被释放掉之后, 释放的体验会更深

2020-12-21 Don't resist your physical sensations, but rather release your desire for control.

Ming 2020-12-21 22:56:48

Teacher Feng has gone into seclusion; he has restored the original form of the Release Technique. (I am Infinite , 2020-12-21 22:57:26)

He didn't go into seclusion; he was already incredibly close to freedom, so why would he need to go into seclusion? He had already released all the "karma" from the material world. 早

Ask him if you have any questions; he has plenty of time. (2020-12-21 22:58:30)

You've made it out of quarantine!

I am Infinite 2020-12-21 22:58:33

Try asking questions in the group; everyone can learn, no one is in seclusion.

No need to go into seclusion . (2020-12-21) 23:00:06

I want to know what the wind is like right now. (I am Infinite , 2020-12-21 23:00:35)

You can consider it as him being free. (Ming 2020-12-21 23:01:14)

Wasn't he going to set up a center for the

original liberation method? Will that actually happen? (Posted
on 2020-12-21 23:01:24)

Won't

Nobody in the group has asked him why
he set up a center. Do you want to
chat with him?

Ming 2020-12-21 23:07:39

I always practice releasing my emotions with my eyes closed. Is this
an obstacle? It seems that closing my eyes is a symbol of returning to my inner
self. How can I change this?

Wind 2020-12-21 23:10:18

This is something that wants to control.

Just release

it. (Ming, 2020-12-21

23:12:01)

OK, thanks

Jiang Guochun 2020-12-21 23:19:36

@Wind encountered a problem. After practicing release techniques for over two weeks, I've started feeling timid and afraid of everything I do. My mind keeps conjuring up images of some accident killing me. For example, while walking, I imagine a huge pit suddenly appearing and I falling into it. When riding a bike, I keep imagining a car suddenly hitting and killing me. When crossing a pedestrian crossing at a traffic light, I'm afraid a car will suddenly hit me. It seems like I'm developing a phobia. Before, I was only afraid of death when I had a certain illness, but now I feel afraid of death in everything. I think I've brought out my inner fears. Perhaps that's a good thing. People are asking me how to release these fears. How should I ask?

What about the question?

Peaceful and Free 2020-12-21 23:20:22

@FengKaixin saw Teacher

Feng arrive. (2020-12-21 23:20:38)

The question is still the same.

Can I allow myself to become more aware of this desire for security? Can I let it go? (Peaceful Freedom , 2020-12-21 23:24:32)

What to do? Every now and then I feel like it's not my turn, that unlimited freedom is such an awesome thing. @Fengfeng 2020-12-21 23:25:00

This is just an
idea. Jiang Guochun ,
2020-12-21 23:27:29

Sometimes I don't know how to ask a question? Sometimes my mind wanders, and I can't come up with a proper answer. But my chest and abdomen...

There is a reaction between them.

Wind 2020-12-21 23:28:05

If you learn it, it's very
simple, just two sentences.

Jiang Guochun 2020-12-21 23:28:46

I think I just want to be recognized. I've asked several times and

this is the same answer I get.

Allowing. Awareness. The desire for approval and the desire for control. Can I leave? These are the main words I used.

Question.

Wind 2020-12-21 23:30:46

The key question is whether you experienced a sense of release? (Jiang Guochun , 2020-12-21 23:32:20)

I want to meet you and learn from you. I feel insecure without a teacher. (2020-12-21 23:33:32)

I prefer to live in seclusion . (2020-12-21 23:33:33)

@Wind released for an hour this afternoon. At first, I felt indifferent and helpless, but gradually I felt full of energy during the release . Is this considered experiencing release? I'm not sure.

Wind 2020-12-21 23:33:50

If we have the chance, we
will meet. Please don't
think of me as your
teacher.

Just follow these six steps.

If you're unsure, follow the
procedure several times until
you are sure.

The feeling of release is very certain.

Sometimes it's not obvious, but it
won't stay subtle forever. (2020-12-21 23:36:41)

@The wind is actually quite noticeable;
the feeling before and after releasing it is very
different. (Wind 2020-12-21 23:37:07)

Then continue releasing
Peaceful and Free 2020-12-21 23:37:08

By the way, my question is, what exactly does continuous release
feel like? I feel it for a while and then it doesn't, and when it doesn't, I just
ignore it or fall asleep.

Wind 2020-12-21 23:37:34

True, sustained release means that feelings are
constantly emerging and being released. You won't be
without feelings, just less pronounced ones.

Ming 2020-12-21 23:38:32

@Wind, is it possible to jump directly from indifference to
fearlessness? Or must one ascend step by step? (Wind, 2020-12-21
23:38:45)

We're all doing this together now, but you should make a strong enough decision.
You can do it in weeks, months . Therefore, all your desires should be focused on
one desire—to free yourself from your mind. Even when you 're with others, you
can continuously release yourself, all day long. You've probably all experienced
this constant ebb and flow, this state of being constantly rising and falling .
probably experienced the state where It comes up and floats out , comes up and
floats Out.) It has to be done. Really , there's too much "garbage." Occasional
release can be helpful. But if you want to release it all, a lot of release,
continuous release, look at the six steps. You must keep the release continuous.

Keep letting it rise and go all day long . You become aware of a feeling and release it. It's a bit like sitting and watching it, observing it .

It continues.

Shuxin 2020-12-21 23:38:50

@When the wind is released, the physical sensation is very heavy, for example, my throat feels very blocked. I feel it's hindering my answer. I always unconsciously judge whether I want to control it or not based on the intensity of the physical sensation. How can I overcome this ? 2020-12-21 23:39:11

Each release will send your feelings
soaring to a level beyond
fearlessness, but the underlying
heaviness will immediately follow.
It's like pulling out a tissue.
After drawing one, draw another.

Slight Warmth 2020-12-21 23:40:20

I want to ask, can even the most worthless person be free? I feel like I'm incredibly incompetent, incredibly incompetent, from birth...

Special dishes

This is just a feeling.

Wind 2020-12-21 23:41:20

Don't resist your bodily sensations, but rather release your desire for control.

If you're stuck, pay attention to the feeling of being stuck and release the desire to control it. (2020-12-21 23:44:10)

@Wind So, I first need to release the urge to control the tightness in my throat, and then go back to the feeling that caused the tightness in the first place to release it, right? Sometimes I'm just confused.

Slight Warmth 2020-12-21 23:46:01

Wind, are my true self and your true self the same? Or are they different? Wind 2020-12-21 23:46:18

Once you release what you want to control, try it and see if you stop blocking it.

Of course,
it's the same sentiment
expressed on 2020-12-21
23:46:59

@Thank you,

Wind 2020-12-21 23:47:41

You're welcome

Zong Zhen 2020-12-21 23:50:13

@Wind, can the release technique only be performed by the user themselves, making them free? Can it be performed on behalf of others? Wind 2020-12-21 23:50:59

Freedom must be based on one's own will.

Once you understand the path, the master can sometimes be a tug-of-war for you because dependencies can arise.

Once you become dependent on anything,
you've strayed from freedom. (Zong Zhen, 2020-12-21
23:53:59)

@Wind If my family members are sick and in pain, and I want them to recover, will my family members' health improve if I release the desire to control them?

Wind 2020-12-21 23:54:40

Yes (compiled by Omi, note) Will my family's
health improve ? It's just an image of yours .

For a detailed explanation of this part,
you can refer to Lester's explanation of
the final step towards complete freedom.

But you can choose not to watch it.

In short, the answer is that you can
do anything you want to do. (Zong Zhen, 2020-12-21
23:57:04)

Can even my hopes for others be
fulfilled? (Wind, 2020-12-21 23:57:43)

You can do it.

But you might not choose to do it.

After releasing your inhibitions,
your intuition will allow you to see things more
broadly. (Warm and gentle, 2020-12-21 23:58:44)

Wind, what does the Mahayana
Buddhist practice of cultivating the Sambhogakaya,
Nirmanakaya, and Sambhogakaya mean? (Wind,
2020-12-22 00:00:30)

The three kinds of gatherings mentioned in Buddhism

However, this theory is
meaningless to explain. (Zong Zhen,
2020-12-22 00:01:19)

is it okay to release it directly without analyzing whether it stems
from a desire for control or a desire for approval?
Sunny庄2020-12-22 00:01:28

Excuse me.

I set a goal for myself (on a material level). From initial despair,
sorrow, and fear, I suddenly started experiencing a sense of fearlessness today.
Should I continue to release this feeling? Should I focus on releasing emotions or
controlling them ?
Wind 2020-12-22 00:01:53

When you become aware
of it, you will
recognize it and
continue to release
your basic desires.

Slight Warmth 2020-12-22 00:04:01

Teacher Feng, I'm a beginner and haven't yet determined whether I've
learned the levels of feeling and emotion. I often get stuck trying to control my
desires. Should I 早 try to release my desires ?
Wind 2020-12-22 00:04:57

Learning to release
emotions only requires
releasing them once
every two days, then
releasing them again,
and repeating this
process several times.

Slight Warmth 2020-12-22 00:05:16

It's been so many
days already. (2020-12-22

00:05:21)

Then you can learn to
release your desires;
there's no need to
complicate it.
Don't make it too

complicated. (Slightly warm ,

2020-12-22 00:05:32)

What to do
if you're
too lazy
and afraid
of
difficulti
es?

Wind 2020-12-22 00:06:00

Laziness is merely a feeling
It's Apathy 's emotional

state, warmed up slightly. (2020-12-22

00:06:21)

Don't want
to release it? (Wind,
2020-12-22 00:06:3)

Then the decision to release
One decision is all it takes to release yourself.

Slight Warmth 2020-12-22 00:06:56

good

Sunny庄2020-12-22 00:08:24

Is it releasing the emotions he brought
up, or releasing the goal? (Wind, 2020-12-22 00:09:13
)

Release is only about feelings.

Goal release, the most effective
way to release the feelings
brought about by the goal, is to
release the basic feelings.

In other words, they want control and approval, and they want
security.

Sunny庄2020-12-22 00:10:00

Even emotions like fearlessness,
acceptance, and peace need to be released? (Zong Zhen,
2020-12-22 00:11:22)

@Wind, can I ask directly at any time: Can I release this
feeling and leave? (Joyful Ode 2020-12-22 00:12:08)

Do I always need to check my mood
chart when releasing desires? (Wind, 2020-12-22
00:12:24)

Complete the process

Allow yourself to become aware of your feelings, and then let them
go.

Should we release even emotions like fearlessness,
acceptance , and peace ?

No need (to always look at the mood chart when
releasing desires.) (Ming, 2020-12-22 00:15:01)

Can @WindByronKatie's homework lead to a state of freedom? (A side
note)

Peaceful and Free 2020-12-22 00:15:46

Sometimes I don't even know what the point of control is; it's just
that my mind simply summarizes it as something to be controlled.

How to control the wind?

Wind 2020-12-22 00:17:16

Can Byron Katie's homework achieve a state
of freedom?) Wind 2020-12-22 00:17:58

Try to
feel the light.
(2020-12-22 00:18:06)

From now on,
I will specialize in
releasing wind.
(2020-12-22 00:18:48)

True masters are few and far between, and most methods are not truly
free methods. To avoid unnecessary controversy, I will not comment on them one by
one.

Wind 2020-12-22 00:19:16

When you attain the Samadhi of "Nabhikpa," you will know that
there is a way to achieve freedom, which can be revealed by any
true scripture.

Hao Qianqian 2020-12-22 00:19:47

After releasing, I always feel like burping or even vomiting, but
nothing comes out; it's just the feeling of gas being expelled.

Is that correct?

Wind 2020-12-22 00:19:55

Therefore, once you get to that place as quickly as possible, all doubts will disappear and continue to be released.

The sensation of release

and gas expulsion is unrelated .

(2020-12-22 00:20:35)

Was this Samadhi taught

by Lester? (Feng, 2020-12-22 00:20:38)

The validation criterion for release is whether you feel more relaxed and happy. 早It was mentioned in the first part, but not again in the later parts.

This is terminology used in the science of yoga. Yogananda's books provide a detailed explanation , but I don't recommend reading such academic materials.

The complete map is

contained in six steps. (Calm Freedom

2020-12-22 00:22:08)

@Wind, do I not need to read any more books? Can

I just follow the original release method directly? Wind

2020-12-22 00:22:11

Everything you need to know in terms of knowledge can be found in the six steps to achieving freedom; all you need is this.

Nothing else is

needed. (Hao Qianqian, 2020-12-22

00:25:20)

@Wind, is it just a matter of continuously releasing energy?

Many times I succumb to reality and go about my business. Wind 2020-12-22

行动并不影响释放

行动会激起更多感受，在感受浮现的当下释放

00:25:30

Da Bao 2020-12-22 00:26:03

@Feng suddenly had a hunch yesterday that the brain might function like a 3D printer. If you try to make things manifest on its own, it will become a complete mess.

Wind 2020-12-22 00:26:29

These kinds of intellectual questions don't actually need an answer. The mind is only creative; it manifests what

you put in, but it is you who decides what to
put in a thought or feeling. You are
responsible for all of this.

One of Lester Levenson (The Sedona Method) 's key lessons is take full
responsibility

Therefore, remember that
it is you who are using
your mind so that you can
resolve it.

By releasing

Simply implement the six steps

All feelings can be
released using the same
process.

Leng Xiaomei 2020-12-22 00:36:33

Is physical discomfort
also a feeling? (Posted by Feng,
2020-12-22 00:38:33)

Physical discomfort is a bodily sensation.

It is a result

Therefore, by releasing the desire for control,
acceptance, and security aroused by bodily sensations,
you can...

I'm not offering guidance anymore. Trust
in yourself; you can achieve peace and freedom.

(2020-12-22 00:48:33)

@Let the wind guide you.

The "eager release method" releases the desire for recognition,
leading to an urgent need for boundless freedom and the release of the desire for
control.

The desire for unlimited freedom is ultimately for the sake of a
certain goal— then releasing that desire for control, and that goal brings about
certain feelings again.

Peaceful and Free 2020-12-22 00:48:57

@The wind just kept releasing

Release process overview (December 22, 2020)

Wind 2020-12-22 00:50:08

让感受出来，然后觉察到它是想要控制和认同然后让

它离开

离开之后再看看现在浮现的感受是什么

然后再觉察到它是哪个基本欲望，继续让它离开

如果没有离开，那就是卡住，你就去注意这个卡住的感受，并且觉察到你想要改变它然后让
这个想要改变离开

Then continue releasing

用力、努力，都是想要控制

release takes no effort

其实你把感受按住是需要花费很大精力的

感受自己是想要离开的，你不用力压住它，它就离开了流程所

作的就是这样一个过程

允许它浮现，允许它离开

The process is as follows

方法很简单，方法也很容易。让感受浮现出来，[觉察出]它们是想要认可或控制，然后让他们
出去。

——莱斯特

Before the habit of repression outweighs the habit of release, you use questions to guide the process; once the habit of release outweighs the habit of repression, the process leads you.

How should we greet the target when they release information on December 22, 2020 ?

Da Bao 2020-12-22 01:35:59

Same question, how should we ask about target release? (Wind, 2020-12-22 01:36:11)

Same question

How do you feel about your goal?

Then release these feelings. (DaBao, 2020-12-22 01:36:30)

For example, I want this project to be profitable? (Feng, 2020-12-22 01:36:48)

Then you should see how you feel about it and then release it through the process.

Yongen999 2020-12-22 01:38:14

But it seems there are still many things hidden inside, scattered memories wrapped up within.

Wind 2020-12-22 01:38:37

After the release, the underlying sensations will surface.

Don't worry about memories, just release feelings, let each feeling surface and release it.

When you release one, the underlying feelings will automatically surface; you don't need to make any effort to dig them out.

Liu (2020-12-22) 01:39:15

Why can't I find my feelings? Is it because I'm too repressed, or because I'm not relaxed enough? @Fengfeng 2020-12-22 01:39:47

You don't need

to search for
feelings; you
already have
them.

Liu (2020-12-22) 01:40:11

But I can't
detect it?
What's going
on?

Chloe • 2020-12-22
01:40:20

A vague feeling

wind:

“Everyone is combining something else with release, and when you do that, you slow down the release. If you need something else, you slow down the method. You don't need to chase after what you feel after you feel it; it's with you all the time, and you're running away from it all the time.”

You won't be unaware

Your “lack of feeling” is itself a feeling.

Vague or indistinct feelings should not be
ignored. (Liu Mouren, 2020-12-22 01:42:19)

Can you release
feelings even without
experiencing them? (Wind,
2020-12-22 01:42:27)

vague feeling
janaki&—kyu2020-12-22 01:43:00

@Teacher Fengfeng, hello, I have two questions I'd like to ask you:

1. When I was doing the release exercises, I was always releasing my emotions and felt quite relaxed. But later, when I tried to control and identify with them, I failed every time. I knew I was getting anxious and trying to control them. I found that the more I felt this way, the more I tried to control them, like an onion, layering them on top of each other. I never succeeded in releasing them.

2. Every time I go from feeling an emotion to deciding whether I want to control it or just accept it, it's okay. But when it comes to releasing that desire, the original emotion immediately slips back inside. I think, "Oh no, I've suppressed it. The desire to control has reappeared, but releasing that desire..."

When I was making it, I just couldn't get the hang of it. I'm stuck there. I've looked at your chat history, but I still can't solve it.

Chloë 2020-12-22 01:43:51

Vagueness is also a
feeling . (2020-12-22 01:44:16)

"Simply release the stuck feeling, or even the vague feeling—you may not even be able to see it because you're trying to escape it, or at least try to change this vague feeling—whatever it is. Once it's gone, you're able to step back into the fear of death."

You described a stuck situation.

Relax, feel the feeling of being stuck, then
notice that you want to change it, and then
release the desire to change.

Bruce 2020-12-22 01:44:17

@Brother Fengfeng, I feel the same way when I look at my goals. I can't feel the desire I want. For example, it might seem impossible, and I feel utterly hopeless. But when I actually look at the goals I've written down, I can't feel anything. Is it because my understanding is vague?

Wind 2020-12-22 01:44:39

Any feeling you're unsure of is
vague and unclear. This is
something Lester specifically
discussed in the... As mentioned
in the way

Jamie Ye Minzhen 2020-12-22 01:44:47

@Can you use the same questions you ask
yourself about being stuck, even when the wind
isn't actually stuck? The reason your feelings
are unclear is because you're avoiding seeing
them.

No need for this

Don't try to control or release it.

jing. jing 2020-12-22 01:45:55

Why am I still experiencing so
many setbacks after releasing my pent-up
emotions for so long? (Wind, 2020-12-22
01:46:00)

How long do you release it each day?

Bruce 2020-12-22 01:46:02

@Wind I have another question: how do you determine whether all the
emotions and feelings stem from a desire for control or a desire for
recognition?

This question has been bothering me for a long time. Why do I always feel like I want to control the wind? (2020-12-22 01:46:15)

If you can't figure it out, there's no need to try.

You notice that you want to figure it out, which is a desire to control.
Bruce 2020-12-22 01:46:18

Yes

Wind 2020-12-22 01:46:22

Once you release the urge to control, you'll be able to recognize your feelings.

Bruce 2020-12-22 01:46:31

[Clenched fists] Thank you

What was the original version of the release method as of December 22, 2020 ?

Wind 2020-12-22 10:13:16

If you are still unfamiliar with this, I can explain what the original version of the release method was all about . ●

After Lester's death, his invention of the "release method" split into several branches, the two largest and most popular of which were probably those of his student Larry Crane . Crane and Hale Dvorakin Dvoskin). Crane, formerly the agent of Hollywood star Joan Collins , possesses a confidence level approaching **that of Donald Trump**. Trump), the kind of person who can quote the Book of Mormon (the Book of Mormon was sold to Mormon salesmen. He then established his own Release organization in Southern California, primarily focused on developing prosperity consciousness , which he called " The Release Technique ." Dvorakin, more as a guide or master, helps you experience your inner divinity , maintaining **Sedona in Phoenix . Method** The "fortress" (he l d) down the Sedona Method "fort " in (Phoenix) . During his lifetime , Levinson managed the institution in Phoenix with the immense help of the tireless devotee, Virginia Lloyd. In fact, **it was** Lloyd who **developed** most of the instructional techniques and syllabus, which later became the basis for the "Sedona" system popularized in New York City and many other cities. **The "Method "** system was finally implemented in institutional teaching in Phoenix in 1981 .

Later, Dvorakin moved his teaching to **Sedona** . It should have been very successful until the Great Recession , **at which** point he withdrew. He was the CEO of the

Sedona Training Association , which was originally called the New Age Freedom. Age marketer Christopher John Payne With their help, it was renamed. Other branches were created by Levenson-Lloyd. Kate, a student Freeman and Rick Solomon They founded the 'Release Center' around 2015 to help the world . Center For Releaseing) and created a website of the same name. There are probably at least 100 people teaching the original version of Sedona . Method Courses were offered, and based on their experiences, books were published, or information was simply posted online to offer assistance: Several of these 100 or 200 are Annrika. James , Steve Seretan , Tim McCavitt , Janet Bechtel , Annie Sobchart , Dearborn Clark , Ron from Phoenix Perla , Michael from New York Kline , Pamela , Seattle Wilson , Alan of Tucson Rasmussen With Jeanne from Los Angeles Fitzsimmons . Some people, however, consider the original...

Sedona Method Some were left behind; others were slightly modified; while some , especially Crane , were overdone . Some have left Sedona Method behind; some are lightly active; some, especially Crane, are hyperactive.)

This is to get high. A section in release

Lester: Okay, you should be free now. I said it would take you three months, or less, if you followed the six steps .

I know this because it took me three months, and I didn't have six steps. They developed as I went along with it .

I believe that if I start with the six steps, I can complete it within a month. It doesn't take time because "you are that." You are that limitless being; wherever it is, it is your being.

This is the way 6

In Buddhism, meditation has eight stages.
The first four stages are the realm of form, meaning the state of consciousness is in the realm of astral light. The last four stages are the realm of formlessness, meaning the state of consciousness is in the realm of causality.

In the science of yoga, samadhi is described as a temporary retreat of the mind into the background, a contact with infinite consciousness, but because the seeds still possess power, it is pulled back.

This is called "Sabi Kapa" Samadhi, which is the Samadhi with seeds.

The "oneness experience" that people talk about is due to different levels of consciousness, being in different stages of "meditation" or samadhi.

Samadhi has different meanings in Buddhism and Yoga science; here I am using the definition from Yoga science.

Lester had known about Hale and Larry's inclinations for many years, which is why he rarely discussed ultimate freedom with Hale.

topic

He favors Stephen.

to Stephen a lot, and I often push him and am extremely strict with him.

Unfortunately, despite trying his best to remember Lester's words, his over-reliance on Lester ultimately brought him to a halt.

No progress

Stephen is a niche release
spell teacher and also a
student of Lester.

Everyone will do what they are supposed to do.
Haier and Larry's changes are suitable for
most people who don't want to embrace freedom,
so there's no need to promote or suppress
these ideas.

The era of the Internet of Everything 2020-12-22 10:16:20

Can Haier solve real-world problems? The group owner was released 8
years ago, but is still stuck.

Wind 2020-12-22 10:16:54

This depends on how
you understand the
three basic desires of
a problem = problem
The problem is never outside.

The driving force of the mind needs to
be released before the mind can disintegrate in the
era of the Internet of Everything. (2020-12-22
10:17:19)

His question is about ultimate freedom, isn't it?

Xu Tao 2020-12-22 10:17:33

The author of the
book "[Document: Me
and Lester Levenson (The Sedona Method)
]" is Stephen.

Wind 2020-12-22 10:17:41

Even if it's just a temporary lull,
the seeds will still work . Yes,
that's from Stephen 's book.

He wrote on his personal website, "Some outstanding students have
made additions and modifications to the release method, but I think those
modifications could only weaken the great power of this concise method."

This is also Stephen 's statement.

Therefore, he is the true 早
propagator of the original version of the release
method . (2020-12-22 10:18:00)

Does "seed" refer to a
belief system or desire? (2020-12-22
10:18:25)

I read what he said while I was studying abroad, which is why I started
looking into Lester Levenson (The Sedona Method) 's direct mentorship and
Sedona's. institute

The original version
desire

Lester repeatedly said in the audio that if he had known the six
steps back then, he could have completed the entire process in just one month ,
not three months.

However, the domestic release law materials do not include those later
audio recordings, so many people are not even aware that Lester said those
things.

These words

Therefore, I hope to translate some of it
in.

Everyone is
free at any
time,
depending on
their own
decisions,
but Lester
can know the
inclinations
of some

people.

He will be very strict with people who are favored or viewed favorably by him.

He was very gentle with those who were inclined to do bad things and were almost certain to go astray, rarely trying to correct them.

For example Kate Freeman , Haier, and Larry

Because their inclination towards freedom is not strong in this life.

[Link: Lester's Explanation of the Release Method]

<https://mp.weixin.qq.com/s/e15CGBTIRAKQAZ52RDKIuQ>

] This is my latest translation; most of you have probably seen it.

Lester's explanation of the release method

Anything you develop in your mind will prevent you from reaching the top. The mind is your greatest enemy. All this suffering is meaningless; I've had enough, and I'm ending it. I will dedicate myself to maintaining this state.

It will take a month, maybe two months, before you release all the agflap . But all in all, I believe we have the only way to release the mind by bringing subconscious programs to the surface, thus allowing the mind to become still .

We first enter the conscious mind, releasing control and identification. As for the other things you try to release, like fear— you know, you'll spend hundreds and thousands of lifetimes trying to release fear, and afterwards you'll still have anger, you'll still have other emotions. But when you release the desire to control, everything beneath it is released.

Then, when you release the desire for security, you release all the desire for identification and control, and everything beneath them . You're too low right now to attack the desire for security. You're overwhelmed, you're terrified of death, so you let it run its course. But when you release a significant amount of control and identification, you become capable of facing the fear of death.

But as you can see, our method is actually about unleashing the mind's drive. Don't try to develop your mind; by doing so, you are developing your enemy, developing what binds you.

What happens when the mind is completely still? Well , I've always been omniscient; I've always known everything. But you have to release the habits you've developed 24/7 to survive—we call them agflaps . When you let all the agflaps go, the body is still there, and the world doesn't disappear, but it's like a mirage. You move forward and find it's just a desert. You let the body do what it was before, whatever that was. But you don't disappear. You're too afraid of losing your bonds.

Everyone is combining release with other things, and when you do that, you slow down the release process. If you need something else, you slow down the process in terms of method.

You don't need to chase after your feelings after you've experienced them ; they're with you all the time, and you're running away from them all the time .

The first point is about survival; there's nothing more foolish than working just to make a living. You are eternal. Let me be blunt with you : becoming number one in entertainment is trying to become the strongest version of yourself. And then you see what happens to them? Burt Reynolds, Glenn How happy was Ford ? I can only talk about my contemporaries; I don't know who's popular now. How happy were they? Did you know them? Did you talk to them? They were more

miserable than a worker. They did drugs, and despite knowing they shouldn't, they got hooked. They drank heavily, and they were addicted. Some of them committed suicide. They were undoubtedly the ones who gained fame and fortune, and then they committed suicide. Some others did it later. Judy Garland did it later.

Well , who doesn't die? Where will the new prince be a hundred years from now? Walking around in front of the crowd ? (Laughter)

Unfortunately—and you might have to be very careful about this—the most successful people don't gravitate towards freedom. And the wealthy people I've talked to , they can feel a sense of security around me that they don't have. They tell me they want it too. But when it comes to attending courses? They can't attend. They look at me with disdain. They've made millions. I want them to think I'm poor because it's precisely those millions that are holding them back, especially the wives of wealthy men.

I was once invited to a high-society party in New York, where I met with them. They asked me, "Can you help us ?" I said, "Yes, but you should know that money isn't everything." At that point, the curtain would fall, they would leave , abandoning me to stop wasting my time.

But these wealthy people have this mindset: "I can do it easily, I'm successful." Of course, if you can consciously use it to demonstrate that you are the master of the world, that's what I recommend. When you become the master of the world, receiving all the praise like our stars, you can't stay there. You have to move towards mastering your mind. Look, first you master the world , then you master the mind, and then you are a master.

What is mastering your mind? It's simply removing your agflap . Then you truly control your mind; you can act out any feeling, and any action you choose is taken without any hesitation.

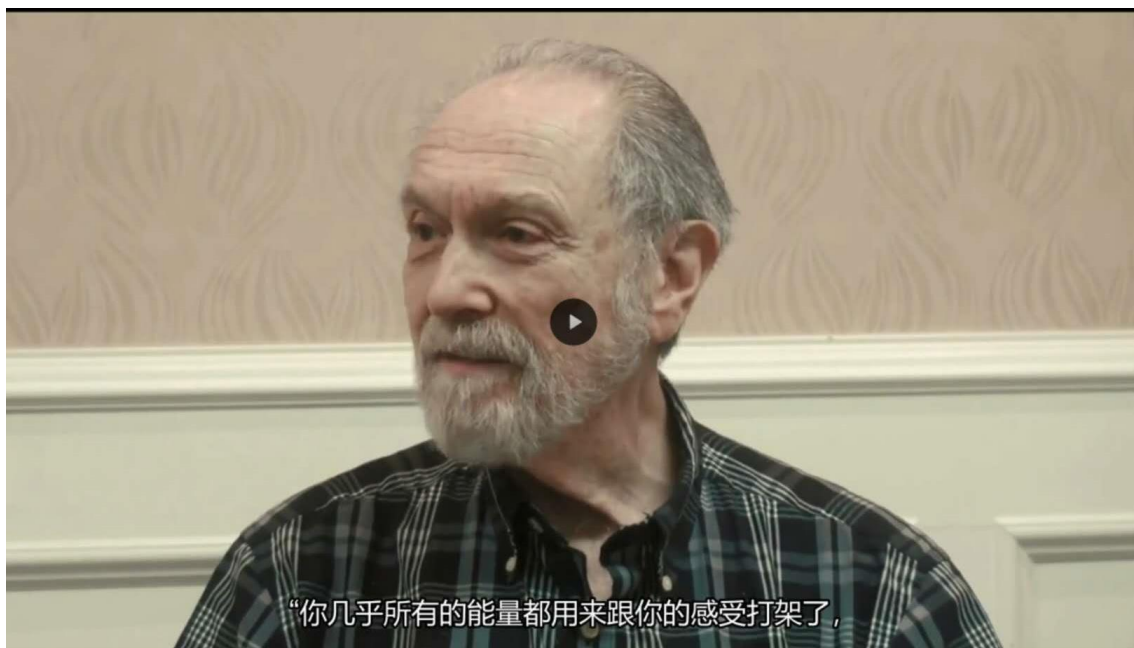
Once you're free from your agflap , you can act out any emotion, much better than when you had it . And when you're in the world, you can use them to communicate.

If someone is extremely angry, and you say, " Oh , what a wonderful world! Everything is so beautiful!" they won't listen to a word. But if you start saying, " Oh , yes, blablablabla , " they will listen to you.

Once you are free, you will play, act out feelings, and establish communication with others. You must be at this level for them to communicate with you. So sometimes you will still use feelings to communicate, but the difference is that feelings will no longer operate on you; instead, you will operate on feelings. However, now feelings operate on you.

Lester Recordings on the Mind , translated by group member
"Wind"

2020-12-22 Because meditation only makes the mind feel better on the surface.



Ultimate Freedom 2020-12-22 11:10:59

"You're using almost all your energy to fight your feelings." - Wind, 2020-12-22 11:11:39

This is Ralph

He was also a student that Lester Levenson (The Sedona Method) highly regarded.

Regarding the release method, he has always maintained a free teaching approach to ultimate freedom. (2020-12-22 11:12:24)

I've been suppressing too much, I'm exhausted, I'm sleeping a lot, but I'm still not in good shape. (Wind, 2020-12-22 11:12:43)

He said that Lester Levenson (The Sedona Method) had never charged him a penny in all those years of teaching, and he, in turn, never charged him, a student who had followed Lester Levenson (The Sedona Method) from his early days to his later years.

The date indicated is December 22, 2020, at 11:13:12.

He didn't gain his freedom either?

Is it also because
the inclination towards freedom
is not obvious? (Wind, 2020-12-22
11:15:03)

No

He has a tendency towards freedom.

A person can stop at any time

You could fall out of the six steps at any time.

A day after Lester Levenson (The
Sedona Method) 's death, someone
appeared before him, encouraged him,
and said one sentence to him.

"It's either do it or don't, but I
hope you do it." (Ultimate Freedom, 2020-12-22
11:15:55)

Unless you release the three major desires, you will continue to
suffer—I think this is what Lester and Stephen said.

What was said

Wind 2020-12-22 11:16:05

Um

These are some of Lester

Levenson (The Sedona

Method) 's favored

disciples. Later on,

Lester Levenson (The

Sedona Method) only

recommended casting

spells.

You can check out Go. all the Way

's video Lester Levenson (The

Sedona Method) did not humble

himself during those eighteen

years, therefore his 早teaching

was ineffective.

Wind 2020-12-22 11:16:50

"The Road to Ultimate Freedom"

is 早an audio compilation dated December

22, 2020, at 11:17:12.

he 早recommend the method in "The

Ultimate Path to Freedom"? (Feng, 2020-12-22 11:17:48)

He hasn't yet summarized the release method.

Alternatively, the fastest method is

to directly identify "Who am I" as [the answer

provided in the original text, which appears to

be a date or timeline and is not directly related

to the preceding sentence about "2020-12-22

11:17:50"].

Are there no other ways

to achieve freedom? (Wind, 2020-12-22

11:17:59)

However, almost no one on this

planet can use methods that are

less efficient than release

methods.

For example, meditation

Lester 早Levenson (The Sedona Method) previously recommended Kriya Yoga

and meditation.

He later discovered that just one release was equivalent to several months of meditation, because meditation only makes the mind feel better on the surface.

After he obtained the concrete manifestation of the liberation method from inner guidance, he taught his students the six steps to write down the perfect map.

After that, all his teaching focused

on the identification of the release method.

(2020-12-22 11:18:16)

Oh, thank you for

your answer, Mr. Feng .

(2020-12-22 11:18:30)

You're welcome

The date indicated is December 22, 2020, at 11:18:39.

Did any of Mr. Lester Levenson (The Sedona Method) 's disciples gain their freedom?

(Feng, 2020-12-22 11:18:48)

have

sedona There was one in the institute , but he chose to live in seclusion.

Later, Larry's student Kam , after listening to the Lester audio that Larry sold, also used the six-step method to reach...

The finish line

Miracle C N + + 2020-12-22 11:18:51

I'm still feeling suppressed, unable to release the desire for change. It's about allowing myself to fully express this suppressed feeling.

Huh?

Ultimate Freedom 2020-12-22 11:19:14

What does "descend" mean? Does it mean that something infinitely descends into the body?

The date indicated is December 22, 2020, at 11:19:56.

[those](#) who were free chose to live in seclusion .

Wind 2020-12-22 11:20:07

Kam 's articles are widely circulated, and most people have probably seen them, which have been reduced to a level that is understandable to the general public.

Lester Levenson (The Sedona Method) 's previous state meant he was unable to communicate with the public.

You say, "I'm annoyed, I have a problem." He says, "No, I see you as perfect." Hmm.

Allow yourself to see the feeling of being stuck, allow yourself to become aware of this desire for change.

Tiancheng 2020-12-22 11:21:18

A letter left by Kam after achieving freedom through the six steps of the release law]

[\[https://mp.weixin.qq.com/s/FD1i2jjiTFBsiRa0_IP62A_\]](https://mp.weixin.qq.com/s/FD1i2jjiTFBsiRa0_IP62A_)

(Tiancheng has already deactivated its WeChat official account; the linked content is no longer visible. Editor's note: Omi)

Kam A letter from Bakhshi —From release to freedom

If you are interested in spiritual growth and development, you might want to know about Sedona. Did Method actually make Lester... Others besides Levenson have reached the state described by terms such as "enlightenment," "return to one's true self," "union with divinity," and "liberation and freedom."

Ten months ago, I was in a discussion about Sedona I saw an article on the Method forum that answered this question, but before that I never felt the need to give this to students with zero resistance. However, for some reason, I've

recently had a strong urge to translate that article...

As the saying goes, when inspiration strikes, you must act on it, so I flipped through it. Please see:

-----~~The text within the dotted lines is a~~ translation of the original post.

Title: Reaching Freedom

Posted by: tom on April 01, 2008, 02:01:17 AM

It seems there will always be someone who criticizes Sedona Method has its doubts because, apart from Lester , they haven't heard of anyone else achieving liberation through this method. Therefore, they want to know if anyone has actually reached the same state by learning the various principles taught by Lester . The biggest problem in figuring out if others have achieved liberation through release is that after those people realize true freedom, they enter into true joy and no longer need to be doers.

When you awaken, you don't necessarily automatically become a mentor, a master, or someone eager to teach others everything you've discovered. In fact, the opposite is more logical: when you are in true joy, all you want is to remain in that state.

If you want to teach others, you have to lower yourself to their level to teach them effectively. From what I've read about Lester , he secluded himself to enjoy true joy for many, many, many years before deciding to begin teaching. I think most people, after awakening, would rather be invisible than a teacher. Therefore, many people have likely achieved liberation through Lester 's method, but we just don't know it.

However, I know a man who, through Sedona Method , who attained a state of liberation in 2003 , is British and his name is Kam. Bakhshi. I'd like to share with you excerpts from a letter he wrote to me after his liberation :

"I want to share some things that happened to me to encourage you to continue to release yourselves in order to reach a state of liberation and freedom."

The mind has become still . "So what?" you might ask. Let me explain: there is no more worry, doubt, self-blame, or anything like that ; only a pleasant peace remains. Whatever happens, maintain a deep stillness. Whatever is happening right

now, remain in that state of stillness. A state of pure being. The mind can no longer affect me. It comes and goes, but I know it can never have any influence on me again.

Kam came and went (translator's note: referring to his ego), and that was fine. I was in a deep stillness, like in a deep sleep, so beautiful, so peaceful. You really have to experience it to believe it.

Seeing the true nature of the tangible world: a dream, or rather, a play. The drama continues, and I merely observe, like sitting in a movie theater. Everything is okay ; there's no need to change anything, because everything is presented as it should be.

Right now, everything is perfect.

You begin to see everyone as part of yourself. There is no one else in the world, and there never has been. There has always been only one, and we are that "one." There is no longer any binary opposition. Nothing has ever happened, and everything is happening. A sense of "coming back" to continue the game arises, but this time it's purely for fun.

I do nothing, and I have never done anything. There is only beingness. Lester and every master throughout history have been with us, every single moment; we only need to call upon them.

Now all is quiet. Things may happen or they may not happen, but it's all neither related to me nor to me.

I will encourage everyone who has this method to continue making releases. We always start doing it for a while, then stop, then start doing it for a while, then stop, then start doing it for a while again, then stop, and so on, endlessly.

The reason for this is that a decision has not been made. Once a decision is made, the kinetic energy for release can begin to accumulate, and the release process becomes increasingly easier.

The biggest problem is: you don't actually want liberation and freedom. You may enjoy talking about and thinking about liberation and freedom, but honestly, you don't really want it. If you truly wanted it, nothing could stop you. The truth is, you'd rather remain immersed in misery; you're far too fond of the stories and suffering you've created for yourself. Take a good look inside yourself and see if this is true.

Understand what the mind truly is, and stop being a fool and equating yourself with garbage. Let it tell its story; it has nothing to do with you.

The peace and inner release you will experience are indescribable. It is a lasting peace; various situations and dramas will still occur in the physical world, but that peace will always be there.

I urge you to continue the process of release. Love yourself more, be gentler with yourself during this process; you are the same as me, there is no difference. I am sharing this with you to encourage you to continue to the end; to end all suffering once and for all.

He also wrote:

Review the "six steps" repeatedly. They contain everything you need to know; they are like a map to liberation and freedom.

It will put you on the right path. Everything you need to know at the knowledge level is contained in the "six steps".

First, you must ensure that you have reached the first step—that is, the degree to which you desire liberation and freedom must exceed your desire for this physical world. If you can achieve the first step, nothing can stop you. Please make sure you meet the first requirement.

The second step is to make the decision to be free and at ease. To be free and at ease requires only one decision. As an infinite being, you can certainly decide at any time to discard all of this.

Speak less, try to be quiet and remain quiet. Every time you feel the urge to speak, acknowledge your desire for approval, control, and security, and release them.

Reduce your screen time (TV, radio, newspapers, etc.) and instead identify the ways you're trying to escape and release those emotions. Eat lighter meals whenever possible; we often use food to suppress our feelings.

Try to avoid drugs and alcohol, because those are things we often use to suppress our feelings.

Sedona The fourth step of the Method is continuous release, and for me, this step is crucial. Try to spend more than 50% of your waking hours releasing. This means you'll spend more time being your "id" than you'll spend being your inappropriate "id." If you do this, your mind will detach; if you do this, you'll start to find it strange to live in your own head, and you'll find yourself increasingly residing in your "id."

Remember, you are already completely free. Whenever you find yourself having thoughts that you are not yet free and at ease, let them go. Remember, it's just a thought.

Reciting scriptures is not recommended as of December 22, 2020.

Happy Time 2020-12-22 12:03:04

@Wind, going to the store stirred up a lot of feelings of resistance and unease in me. It might be a sense of lack, an inability to release the urge to control. So, is it okay to allow feelings of resistance and the urge to escape to be fully expressed?

Qingxi 2020-12-22 12:03:12

Teacher Feng, could you explain the "Who Am I?" method in more detail? (Feng, 2020-12-22 12:03:29)

Allow it to express itself, then release it.

This method involves focusing intensely on the question "Who am I?" with an extremely strong desire to know the answer, until you...

Until the answer is obtained

The answer is that it exists infinitely, not because the mind gives it up, but because you directly experience that almost no one can use this method.

Because your interest in knowing the answer doesn't last long.

Xu Tao 2020-12-22 12:03:40

Perhaps no one in this era can use it? The koan practice in Zen Buddhism is a similar method . (2020-12-22 12:04:10)

You will use it as meaningless meditation, and you will not be able to sustain the problem in meditation. The method of Linji Zen is similar.

The Silent Illumination Chan of the Caodong school is different; the styles of various schools of Chan Buddhism are quite different.

Qingxi 2020-12-22 12:04:18

I think I briefly experienced that state, a state where I automatically detached from mental processes, a state without a single thought. (Wind, 2020-12-22 12:04:29)

This is where things are easily misunderstood.

(Qingxi, 2020-12-22 12:04:48)

Without any force, without a single thought . (2020-12-22 12:05:00)

You can easily mistake a certain state of meditative absorption for an infinite existence.

There is a lineage in Zen Buddhism that allows for freedom. This method is the Ramanamashashi method, which explores "Who am I?"

Qingxi 2020-12-22 12:05:11

So who am I? It's the same method as the continuous contemplation in Zen Buddhism, right? (Feng, 2020-12-22 12:05:41)

Once you know this, you'll
understand that
everything is the same.
But you've already misunderstood something above.

When you truly come into contact with infinite existence, you
will know that it is infinite existence, and you will briefly attain
omniscience. (Qingxi, 2020-12-22 12:06:00)

Is my misunderstanding that I'm consciously maintaining and pursuing
this state of tranquility free from thoughts?

In reality, it is an unconscious and natural process that
leads to infinite existence, even if it is only for a brief
few seconds. In other words, it doesn't require a state to be
"attained," but rather it is a state that is already present.

On 2020-12-22 12:06:04

@Qingxi You may have just reached a meditative
state, like the first stage of Zen. ● "vwind 2020-12-22 12:06:11

You need to know the answer.

Happy Time 2020-12-22 12:06:21

Thank you! Your reply has reassured me a bit about my cautious
exploration! It seems I was too impatient; allowing it to fully express itself was
crucial. [Happy]

Sunn 2020-12-22 12:08:08

@Brother Feng, do you know why you
can't seem to release all your emotions? Feng

2020-12-22 12:08:11

Knowing your
infinite
existence, you
will then know
everything and
release your basic
desires.

Qingxi 2020-12-22 12:08:18

This is what it means to let go of your thoughts, right?

The date indicated is December 22, 2020, at 12:08:36.

Mr. Feng, is the essence of our existence awareness itself? Or
rather, the thing that enables you to be aware? (Feng, 2020-12-22 12:08:45)

Complete mental stillness
Existence is the "I" that
cannot be described by
language or words—the "I
am."

Qingxi 2020-12-22 12:09:04

@Teacher Fengfeng, when you talk to us, your mind is also in motion,
right? Does this affect your experience of infinite existence? Feng 2020-12-22
12:09:09

No impact

If it's "Sabi Kappa" Samadhi,
it affects ultimate freedom. (2020-12-22
12:09:41)

What is the principle behind the effects or benefits of continuously
reciting scriptures, such as the Heart Sutra? @Feng I have a client with
Parkinson's disease. A Buddhist said it was a karmic illness and advised her to
recite scriptures, saying that crabs and toads were attached to her feet and that
reciting scriptures would make them leave. In addition, that person also had some
spiritual power, which helped alleviate some of her Parkinson's symptoms, but she
still cannot walk normally.

Wind 2020-12-22 12:09:44

"Nebikapa" Samadhi is when the seed
ceases to function, and all contact

with the external world is not based
on reaction.

Qingxi 2020-12-22 12:10:13

Oh, is that based on
perception? [Facepalm] Wind 2020-12-22
12:03:04

In the initial state of contact with God, Sabikapa Samadhi (Sabikalpa s a mad h i) ,
the consciousness of the devout is integrated into

The mind of the universe; his life force withdraws from the body, appearing as if
"dead" or stiff and motionless. But the yogi is fully aware of the cessation of
bodily function. As he progresses to the higher spiritual state of Nabikapa
Samadhi...

(nirbikalpa) (sam a dh i) He no longer needs a fixed body; in his daily conscious
state, even in the midst of arduous worldly work, he is one with God. (Note 11)

Let me answer you with Yogananda's autobiography.

The difference between these two states is that in one state, the
seed still functions even after contact with infinite existence, while in the
other, the seed no longer functions.

I do not recommend chanting scriptures.

By giving power to external things, you are giving up your own infinite
inner power.

Ultimate Freedom 2020-12-22 12:11:13

Okay, thank you. Then I should probably
throw away my Great Compassion Mantra water cup.

[Grinning face] Qingxi 2020-12-22 12:12:04

Furthermore, if the seed no longer functions, can it
be understood as transcending the constraints of causality? (Xu
Tao, 2020-12-22 12:12:18)

@Wind, which chapter does this passage appear in? I'm reading "An
Autobiography of a Yogi" and haven't reached this part yet. (Wind 2020-12-22
12:12:28)

You can no longer turn the
world around; the seeds
are no longer effective.

My
attachment to self has
dissipated. (Qingxi,
2020-12-22 12:13:00)

Does the causal relationship still exist? It probably
still exists, but we're no longer attached to it! [Facepalm] Wind
2020-12-22 12:13:24

The chapter on the science of Kriya yoga
Some karma will remain.

"Why doesn't a master simply erase all his karma when he's united with God?" I
asked.

"That's because in that state you don't care at all. You see it all as just a
dream. You might even continue to reincarnate, returning to the world to help your
disciples attain liberation. Masters who reach this level might even deliberately
retain a little bit of karma to keep themselves bound to this level for a while,
for a higher purpose. Once you reach the highest state, Nirbikalpa..." When you
attain enlightenment (as described in the poem) , the ego-consciousness ceases to
exist. You are essentially free.

"Master, what is it," I asked, "that allows a soul to return to the
world after attaining ultimate liberation?" He replied, "That it still
retains the desire for non - desire . " (desire) to help others.

To answer you, I'll use the
book of Venerable Kriya
Nanda, which records the
words of Yogananda.

Guo Xingxing 2020-12-22 12:14:22

How long did it take
you to reach ultimate freedom ?

(2020-12-22 12:14:29)

I have not achieved ultimate freedom

I've only reached the

"Nabhikpa" Samadhi; that's

enough before that.

Even if you succeed, you don't need to stop.

On 2020-12-22 12:14:45

@Wind I have a few questions about the operation .

1. When I'm walking or working outside, I still can't use the release method properly, so I use the ear-root perfect penetration method I practiced before to listen to the sounds outside and artificially control the creation of the mind root.

Does this count as adding something to the original release method?

2. During the release, I discovered that when I intentionally tried to feel the pleasure of release, this pleasure would appear out of nowhere . (Previously, my attention was focused on feeling the energy flow in my chest and abdomen .) After observing the physical sensations, I turned back to feel the present moment. Originally, there was no pleasure at this time, but when I asked myself if I felt pleasure, pleasure would immediately flow out out of nowhere.

I experimented many more times and found that sometimes, simply asking myself "Do I feel pleasure?" would release it. Is this the correct way to release it, and does it align with Part Six? [Clenched fists]

Wind 2020-12-22 12:15:04

Calculate

[Link: Lester's explanation of the release method

<https://mp.weixin.qq.com/s/e15CGBTIRAKQAZ52RDKIuQ>] "Everyone is combining release with other things, and when you do that, it slows down the release. For example..."

If you need something else, you slow down in your approach.

Can

On 2020-12-22 12:16:51

@Wind , do you mean my question 1 counts? And my question 2 counts too?

@Wind didn't quite understand [🤔]

@Wind2. During the release, I discovered that when I intentionally focused on feeling the pleasure of release, this pleasure would appear spontaneously . (Previously, my attention was focused on feeling the energy flow in my chest and abdomen .) After observing my physical sensations , I returned to feeling the present moment . Initially, there was no pleasure, but when I asked myself if I felt pleasure, it immediately flowed out spontaneously. Later, I experimented many times and found that sometimes, simply asking myself "Do I feel pleasure?" would bring it.

flow out.

Is this the correct release? Does it align with Part 6? [Clenched fists]

Wind 2020-12-22 12:18:12

You will feel more joyful after releasing it.

Can xxx be achieved by 2020-12-22?

Wind 2020-12-22 20:56

questions like "Can you do xxx? ", I hope you will remember a quote from Lester.

every impossible, no matter how impossible, become immediately a possible, as you

completely released on it.

Every impossibility, no matter how impossible, can instantly become possible, as long as you fully unleash your potential upon it.

Lester Levenson (The Sedona Method) City cancelled the agreement on December 23, 2020.

The reference is for the month of 2020-12-23 10:10:00.

Why didn't Mr. Feng achieve
ultimate freedom? (2020-12-23 10:10:12)

When you reach the Samadhi of "Nabhikpa," you
will receive inner guidance identifying you as [the moon].
(2020-12-23 10:10:23)

Is it permissible to
disobey this guideline? (Wind,
2020-12-23 10:10:30)

Why doesn't a master simply erase all his karma, I asked, "When he is united with God?"

"That's because in that state you simply don't care anymore. You see it all as just a dream. You might even continue to reincarnate, returning to the world to help your disciples attain liberation. Masters who reach this level might even deliberately retain a little karma to keep themselves bound to this level for a while, for a higher purpose. Once you reach the highest state , ' nirbikalpa sa m adhi , ' ego- consciousness ceases to exist. You are essentially free."

"Master, what is it," I asked, "that allows a soul to return to the world after attaining ultimate liberation?" He replied, "That it still retains the desire for non - desire . " (desire) to help others.

Wind 2020-12-23 10:10:39

Yes, Lester Levenson (The
Sedona Method) City cancelled the
agreement on December 23, 2020 at
10:11:20.

No way, in his student's article, Mr. Lester Levenson (The Sedona
Method) 's agreement was a dissemination and release law .

He wanted to leave immediately after being freed, but was stopped by a
large golden hand that showed him the previous agreement .

Wind 2020-12-23 10:11:46

He told me that this was actually his "karma" that forced him to promote the
"Saint Dona" liberation method to the world. Just as he was about to gain freedom
and sweep away the last remnants of the ego and mind, a large hand appeared before
him, preventing him from leaving this world completely and showing him an
agreement he had made before coming into this world.

Of all the stories of Indian masters I've read from Yogananda and others, I've
never heard anything so outrageous . A "Great Hand" appearing, replaying a cosmic
agreement? My next question is obvious: With whom was the agreement made?

I thought about it humorously: what if Lester said no? "I'm canceling the agreement now, forget about it." I still don't know what's going on, but I guess the most likely explanation is "beingness" or the true self. I know Lester would say to me, "Be free, and then you'll know." I guess that's all I can think of.

Wind 2020-12-23 10:12:40

He cancelled
the agreement. (Tiancheng,
2020-12-23 10:12:55)

What agreements did
Lester Levenson (The Sedona Method
) City cancel? (2020-12-23
10:13:16)

He was finally liberated
after agreeing to return
and help his students.
That is, he became Paramukta

It incorporates infinity
When you attain the Samadhi of "Nabhikāpā,"
you are essentially free because the sense of
self has dissipated, and every action you take
is no longer based on self-preservation,
karma, or ultimate liberation.
Yes, he canceled the agreement to spread the
law and help more students, but in reality,
it wasn't mandatory, so it could be
canceled.

Huixuan 2020-12-23 10:15:16

@Wind , there's no agreement between you and us, why don't you just leave?

The date indicated is December 23, 2020, at 10:15:38.

But Mr. Lester Levenson (The
Sedona Method) has already spread the word
about the release law. (2020-12-23 10:15:45)

My agreement is to help as many people as
possible achieve the true liberation of the
"Nebikapa" Samadhi, and this method will only be
disseminated to a small group.

Miracle 2020-12-23 10:15:59

, I really want to see Teacher Feng's face,
otherwise we won't recognize you in the future . ?wind
2020-1-2-23 10:16:00

You don't need to know me

The date indicated is December 23, 2020, at 10:16:05.

Mr. Feng, could you write about your experience of
gaining freedom to inspire others? Feng 2020-12-23 10:16:13

The Buddha himself spent his entire life fighting
against personality cults and constantly diverting his
disciples' attention from him. My personal experience is
unimportant.

Lester has systematized his methods.

Those who want to learn the release method don't need
another master's story to distract them from Lester's teachings. (Qingxi,
2020-12-23 10:16:28)

The true method of liberation is only
spread among a small group of people.

Why is that? It's so simple to do, free,
and the results are so remarkable.

Wind 2020-12-23 10:16:30

Because people want the world
Therefore, people's minds will
constantly add to and change their
direction. The six steps are a simple
path, but the mind wants to complicate
things.

Qingxi 2020-12-23 10:16:32

Oh, so that's it. As you practice, it becomes an
impure release method, right? (Wind, 2020-12-23 10:16:39)

Um

Those who changed the release law
just don't want freedom. (Guo Xingxing)

2020-12-23 10:16:40

How much time do you want to
give yourself to reach this agreement ?

(2020-12-23 10:16:48)

If no one reaches it next year, I will cancel.

Qingxi 2020-12-23 10:17:00

The true path to liberation, while not leading those who desire worldly freedom, can still help solve major worldly problems, right? It just cannot ultimately lead to complete freedom, is that right?

Wind 2020-12-23 10:17:05

The problem
isn't worldly
matters, the
problem is the
three major
desires.

As long as these three basic desires exist, a constant stream of problems will be created.

Strong 2020-12-23 10:17:28

Are the three basic desires the root cause? Can they be completely released? (Feng, 2020-12-23 10:17:48)

It can be released completely.
When you completely
release your fear of
death, everything
ends.

Qingxi 2020-12-23 10:17:55

If one hadn't left and chose to remain alive, would desires have reignited? (2020-12-23 10:17:59)
Won't

When a seed is destroyed, it will never regenerate.

Dr. Lewis told me, "I once said to my guru, 'Sir, a thought is troubling me: suppose I attain liberation after a long and arduous journey . The freedom I gain will only last for one day in Brahma.' " of Does Brahma work? *(one) "Brahma's Day," as described in Indian scriptures, refers to a complete cycle of cosmic manifestation lasting billions of years. Following "Brahma's Day" is an equally long "Brahma's Night." During Brahma's Night, all outward creation is drawn back. Beings not yet liberated rest in the spiritual consciousness as "seeds," awaiting the next manifestation of creation. When the next Brahma's Day arrives, they will continue in whatever state they have reached before. (What if, after the next Brahma's Night, creation reappears, and I, and everyone else, are sent out again to endure the long, painful struggle from scratch? Wouldn't all our current

efforts be in vain?)

“There is absolutely nothing to be afraid of,” the master assured him. “Once the soul is free, it will be free forever. It will never again need to embark on the long and winding path of evolution.”

“That answer,” the doctor confessed to me, “was a huge comfort!”

On 2020-12-23 10:19:05

@Wind , wasn't the goal to help six people find relief? Was your agreement modified or is it still being executed according to the original agreement?

Okay?

Wind 2020-12-23 10:19:15

If no one is free by next year, my continued

presence will only be a burden to them. (Rong, 2020-12-23

10:19:48)

@Teacher Fengfeng, could you please explain the difference between Samadhi and the multidimensional world that ordinary people talk about? [clasped hands] Feng 2020-12-23 10:20:21

Dimension is based on the assumption of space.

In yoga science, Samadhi refers to contact with infinite consciousness . (2020-12-23 10:20:44)

It would be great if Teacher Feng could post a photo of himself. All we know is his name, which sounds like the legendary figure.

Odd. [Playful]

Wind 2020-12-23 10:20:14

I will not satisfy everyone's curiosity about the individual "wind". If Lester Levenson (The Sedona Method) is a window, I'm only referring to you looking through that window to see infinity, so I don't even need to be that window. Lester Levenson (The Sedona Method) is already that window; go and let go.

Miracle 2020-12-23 10:21:08

@Wind I have a small question. When you are afraid of certain things happening in the world, you want to guard against or prevent them, such as being killed or framed. Do you ignore these external things and just release your fear and resistance?

No matter what happens in the outside world?

For example, the COVID-19 pandemic, global warming, and other such trends. (2020-12-23 10:16:48)

Studying illusions can make you mistake them for reality. You don't need to study them. a continuous torment imposed on you by the world. The only thing to note is the six-step release process. The world is a projection of your subconscious and conscious thoughts, and your repressed thoughts do not mean they are ineffective. Subconscious thoughts simply mean you're not looking at them; it doesn't mean they're not active. Continued release will bring pleasure. Each release will be more

pleasurable than the last.
Review the six steps more
often.
More

releases on 2020-12-23
10:18:17

@Thank you , wind [
rose] \$? wind 2020-1-2-23 10:18:23

You're welcome

Don't seek security in the outside world.

If you feel uneasy, then let it go.

2020-12-23 Kalama

Qingxi 2020-12-23 11:14:47

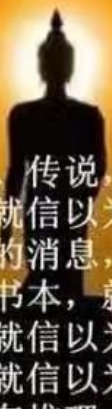
@Teacher Fengfeng , recently when I'm releasing emotions , I try to
recognize that the feeling I experience in the present moment stems from a
desire for validation .

It's still a desire for control, but suddenly
I can recognize that behind it
all is a desire to survive. Is it
okay to just directly release
that desire to survive?
To survive is to want safety, which means to
fear death, right? Is this also a way of
releasing the fear of death?

Wind 2020-12-23 11:15:42

If you become aware of your
desire to survive, then release

当我们彷徨着，无法决定接受什么教义时，
佛陀在《巴利文圣典增支部3.65卡拉玛经》，
就清楚告诉迷茫的我们：不要立即接受或相信任何事，
以免成为他人（包括佛陀本人）的知识奴隶。
为此，佛陀总结了十项准则：

- 
- 一、不因为他人的口传、传说，就信以为真。
 - 二、不因为奉行传统，就信以为真。
 - 三、不因为是在正在流传的消息，就信以为真。
 - 四、不因为宗教经典书本，就信以为真。
 - 五、不因为根据逻辑，就信以为真。
 - 六、不因为根据哲理，就信以为真。
 - 七、不因为符合常识外在推理，就信以为真。
 - 八、不因为符合自己的预测、见解、观念，就信以为真。
 - 九、不因为演说者的威信，就信以为真。
 - 十、不因为他是导师、大师，就信以为真。

《卡拉玛经 Kalama Sutta 增3.65》
知悉用户

the fear that the desire to
survive and the desire for
safety equate to death.

Only by achieving the level of self-reliance of
the Buddha can one possibly attain ultimate
freedom. I gave this part of the Kalama Sutra to
Roller.

After learning the release

technique, do you still need
Lester? You don't need Lester, and
you certainly don't need me.

Let the six steps become part of your experience and guide you through
it.

On December 23, 2020, I found myself setting a goal,
and then feeling like I didn't really want it.

Tiancheng 2020-12-23 14:01:15

I found myself setting goals, and then
feeling like I didn't want them . (2020-12-23
14:02:20)

Then you can choose the one you want.

You need to set
the goals you want
to achieve
everything you
desire.

Tiancheng 2020-12-23 14:03:49

I find myself acting strangely; I have no
money, yet I have no interest in it. That
goal of 200,000 , I found myself not wanting
it or not daring to achieve it.

Wind 2020-12-23 14:04:43

Sometimes you suppress
your desires . (2020-12-23 14:05:03)
Yes, there are.

Wind 2020-12-23 14:05:18

However, when you set a goal,
set something you currently
want, because a goal is what
motivates you to unleash your
potential.

Only what you want will
motivate you. (Tiancheng, 2020-12-23
14:05:49)

Because I set a target of
200,000 , I realized I didn't
really want it and gave up
before reaching it.

Wind 2020-12-23 14:06:19

You can find what
you want; you'll
always find
something you
want.

Even if you don't
want this goal, set
one that you truly
want.

Because the target's purpose is simply to trigger your program and release
it.

2020-12-23 From the world to the inner self

Liz Zhang 2020-12-23 14:48:23

Is the "Nabhikpa" samadhi automatically obtained through continuous release?

Tiancheng 2020-12-23 14:48:35

[Chat Log: 2020.11.28/22:02:16]

Tiancheng forwarded chat history reference

【

2020-11-28 Wind and — The practical experience of the
Nature "Nebikapa" Samadhi

2020-11-28 Wind and — How can I quickly and
Nature empirically achieve the first step?

2020-11-26 Wind and — Fearlessness is 50 % selfishness
Nature and 50 % selflessness.

】

The "Nyabhikāpa" samadhi that my senior just shared seems different from the "Super Google" here . Does turning inward from the external world naturally lead to "Super Google" ?

Wind 2020-12-23 14:48:50

Yes

You know that the only source of happiness is infinity; other directions no longer matter, and all your decisions will align with it.

This will allow you to immediately attain the "Nebikapa" Samadhi (an infinite existence where seeds no longer function). In this infinite existence, you can know everything.

This is what Google's cosmic-level metaphor means .

Elizabeth Zhang 2020-12-23 14:49:00

I currently have a strong desire, and at the same time, I'm releasing negative karma. There's also karmic pressure that's causing me to procrastinate. Is the next step to releasing these negative karma so that I can see things as optional yet fulfilling, happy, and free? With an unmoved mind. In this state, can I then experience subtle control and acceptance, and then naturally slip into a "Google state"?

Wind 2020-12-23 14:49:24

no

When you release yourself to the realization that "the only source of happiness is infinite existence" as your full experience, you will naturally stop seeking happiness anywhere in the world.

At this point, your flow changes, and you will automatically enter the "Nabhikpa" Samadhi. Once you enter, you will not come out again.

No more retreating

Because the seeds of escape have lost their power.

Elizabeth Zhang 2020-12-23 14:50:01

I feel like I want to do less and less; even things that seemed very serious before, I no longer want to do. (This is in line with what you said.)

Heading in one direction

Wind 2020-12-23 14:50:47

要贯彻六步骤

这样你能从内在得到一切快乐

或者通过释放实现目标来调转方向 get everything

by releasing only这样也能让你走

在六步骤上

ZOEY 2020-12-23 14:51:16

@Wind can now very quickly perceive the desire for security and release, allowing for a deeper and clearer view of the underlying driving force. But in get high to During the release , I realized that I was afraid of being happier, unsure of what it would feel like to continue being happy, or perhaps I just wanted security. I was even afraid of happiness and freedom.

Happy Time 2020-12-23 14:51:11

@Wind, I'm certain I'm stuck on sexuality. It's a feeling of energy coiling and tightly gripping within my body; I don't resist it, I want to release and control it . Should I focus on breaking through this issue, or should I set a different goal for breakthrough?

Wind 2020-12-23 14:52:00

You're afraid to make yourself feel better.

ZOEY 2020-12-23 14:52:19

@Wind Yes, that's right. It feels
like I'm about to disappear. Wind 2020-12-23
14:53:13

Many people are afraid to make themselves feel better,
but doesn't that sound a little silly ? Keep
releasing!

If this is a problem for you, you can vent on this topic.

What is the core of instantaneous manifestation on
December 24, 2020 ?

Cynthia 2020-10-24 12:59:00

@Brother Feng, I have a question: what does it mean to be
completely free? Does it mean being so free from a goal that you don't care
whether the goal is achieved or not?

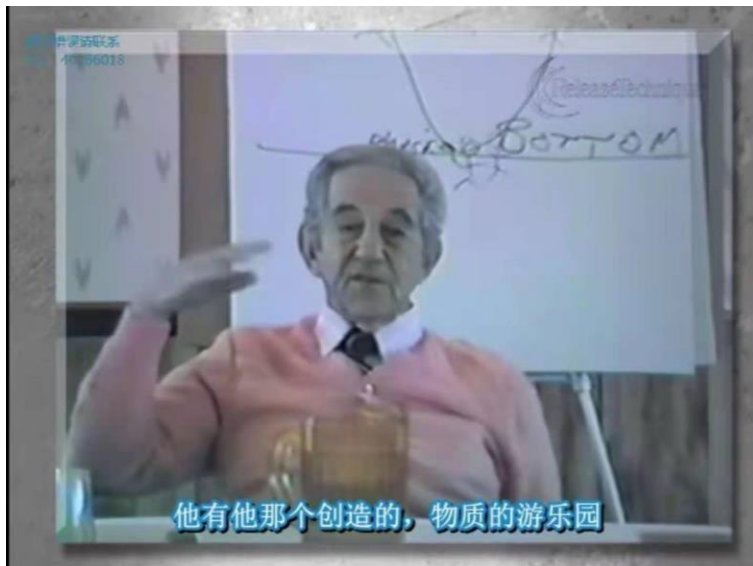
Wind 2020-10-24 12:59:17

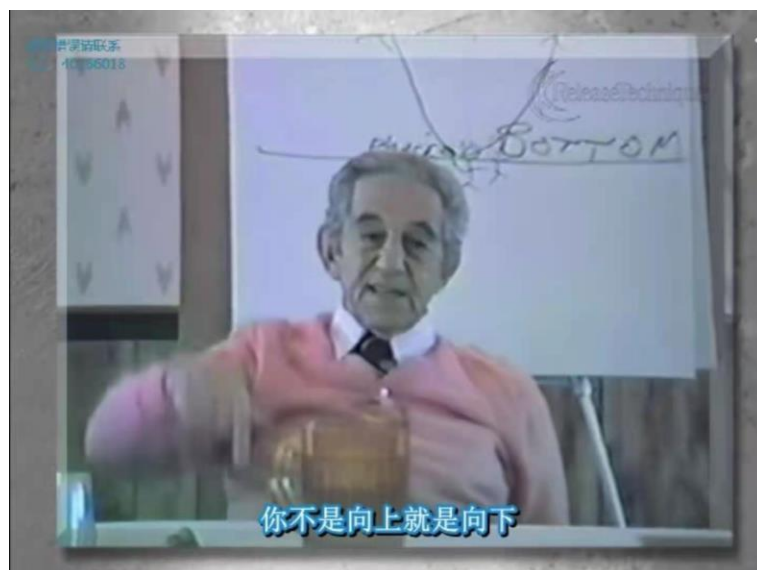
After releasing to the point of complete possession, continue releasing.
Then your mind will automatically leave this
goal, you won't think about it anymore, and
then it will manifest.

The date indicated is October 24, 2020, at 12:59:30.

Mr. Feng, could you explain the core of instantaneous manifestation?

Wind 2020-10-24 13:01:05



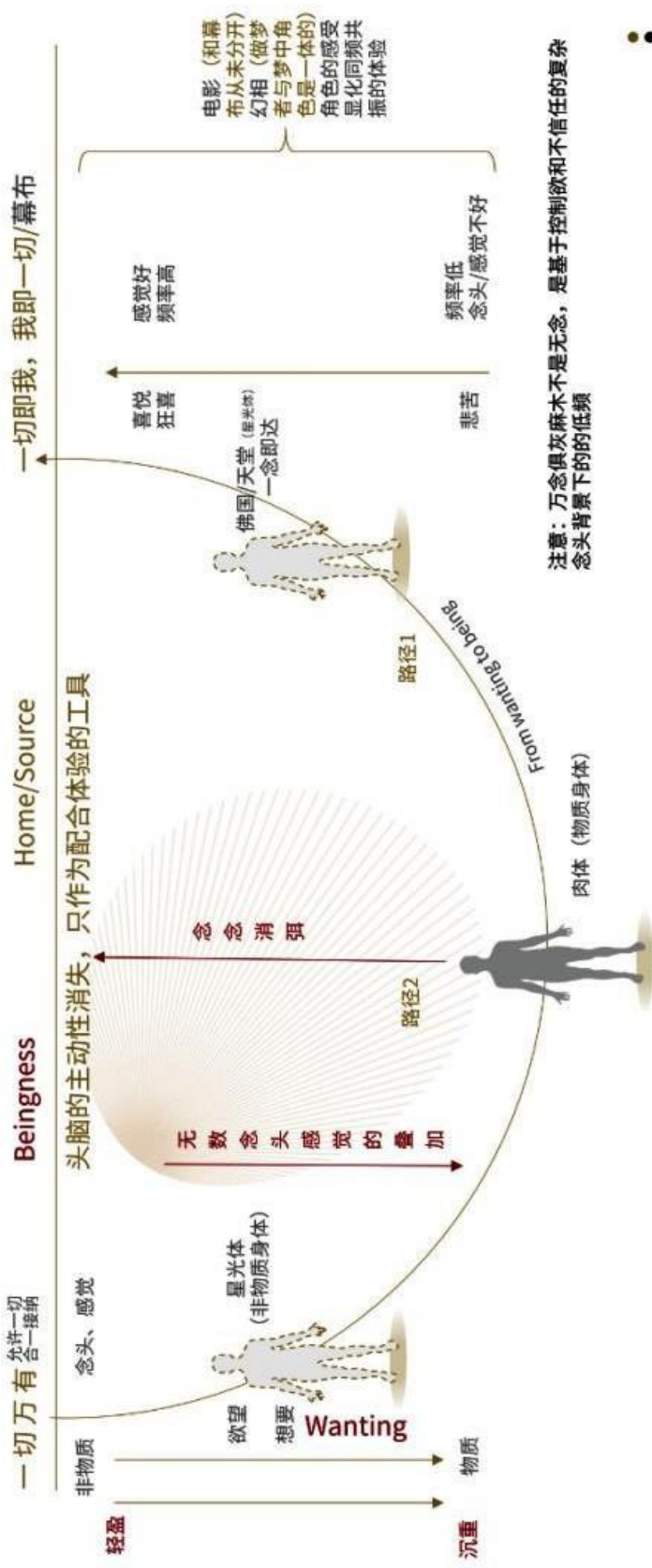


微信: 10056018

麦克如果你继续，你不会是这个状态

微信: 10056018

我的意思是，那个状态你可以非物质化（分解）身体，然后又物质化（重塑）身体，



注意：万念俱灰麻木不是无念，是基于控制欲和不信任的复杂念头背景下的的低频



Wind 2020-10-24 13:05:05

This is something the
group owner folded up;
it's not Lester's
teaching.

It is the student's personal understanding that has been incorporated into
their mind.

Cynthia 2020-10-24 13:02:04

Oh, is that so?

No wonder it was so contradictory.

Elizabeth 2020-10-24 13:02:11

Does the feeling of having achieved something bring
immense joy, or is it merely an intuitive sense of possession ?
(2020-10-24 13:02:54)

Once you know you already have it,
you don't need to confirm, and
you'll automatically stop paying
attention to it.

Then you will get it

Elizabeth 2020-10-24 13:03:06

我看到教科书和视频上是要双面释放

风 2020-10-24 13:04:18

你可以释放关于它的 attachment（贪恋、黏着）和 aversion
释放时依然是三大欲望

Elizabeth 2020-10-24 13:05:10

目标与成功

持续释放成功和失败的现在的感受，直到你感到完全更能在你的生活中取得成功。

目标：

对目标成功	完全释放	我现在感受	对目标失败	完全释放	我现在感受
我现在的感	了吗*	好吗*	我现在的感	了吗*	好吗*
受是什么？			受是什么		

对目标成功	完全释放	我现在感受	对目标失败	完全释放	我现在感受
我现在的感	了吗*	好吗*	我现在的感	了吗*	好吗*
受是什么？			受是什么		

Wind 2020-10-24 13:05:17

Each release will make you
feel better, and you'll
know it's yours now. Then
you'll automatically
become hootless.

Elizabeth 2020-10-24 13:05:24

The speed of implementation depends entirely on the speed of release, right?

Elizabeth 2020-10-24 13:06:10

Or will the world adjust its manifestation according to its own steps?

Wind 2020-10-24 13:25:01

It will manifest at the most appropriate time.

However, this only refers to the sluggishness of the material world.

Once you are able to manifest, Lester encourages you to achieve both materialization and antimaterialization immediately.

Liz Zhang 2020-10-24 13:25:20

How do we define materialization and antimaterialization? Isn't this very instantaneous process also within the material world?

Wind 2020-10-24 13:25:36

Um

But you have transcended the limitations of the material world.

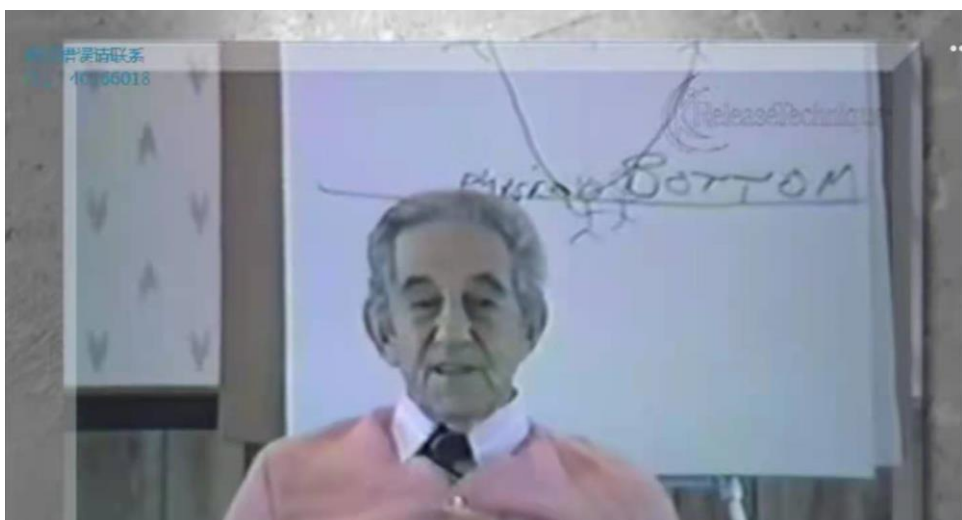
Liz Zhang 2020-10-24 13:26:07

Why was the target delayed even though there was no prior delay ? (2020-10-24 13:26:41)

Because you have reached the realm of starlight.
(Qingxi, 2020-10-24 13:28:07)

How do we understand materialization and antimaterialization? What does antimaterialization mean? Does it mean transcending the limitations of the material world?

Wind 2020-10-24 13:28:34



Materialization is the instantaneous appearance of matter.

Antimatter is the
instantaneous disappearance of matter.
(Reference: 2020-10-24 13:30:00)

Can antimatter make others
disappear? (Wind, 2020-10-24 13:30:11)

Can

Ancient Indian yogis often did this

Liz Zhang 2020-10-24 13:30:24

First, achieve all objectives, then continue releasing energy. The energy
will reach the astral plane, allowing it to exist within this material
world.

Matter and antimatter?

Wind 2020-10-24 13:30:47

They won't easily take
another's life ; your
consciousness has reached
the Astral Realm.

The date indicated is October 24, 2020, at 13:30:51.

This is blatant control.

Liz Zhang 2020-10-24 13:31:04

Control isn't the problem;
the problem is wanting to control it.

(Feng, 2020-10-24 13:31:45)

[Link: Goals] and Winning means you must achieve your goal.

[https://mp.weixin.qq.com/s/wyfo3- 6CSikhDubfP3Qk8Q](https://mp.weixin.qq.com/s/wyfo3-6CSikhDubfP3Qk8Q)】

Wind 2020-10-24 13:32:03

As we know, control isn't a bad word, nor is it a bad thing ; it's the "desire" to
control that is. When we are free , we can completely control the entire universe
with just a simple thought. When you become free, your mind is quiet, without any
thoughts, so any idea you put in your mind will materialize and come to fruition.
But currently, your mind may be...

I was troubled by thousands of ideas, and all of them were related to AGFLAP .

Wind 2020-10-24 13:32:10

You need to reach the point of complete control over the universe
You must first master matter, then master the
mind; become the master of both mind and matter.
Only then can you discover your infinite
essence.

Just look at the compiled and
translated Lester audio files;
they're all there.

The answers can be found in Lester Levenson (The Sedona Method) 's audio
and video recordings.

The date indicated is October 24, 2020, at 13:35:18.

Mr. Feng, Mr. Lester once predicted to his students that a nuclear
war would break out on Earth soon. Can you tell us how much time we have left ?
Cynthia 2020-10-24 13:38:33

Does the goal-release method require visualization? What
are the scenarios for visualizing goal achievement? (2020-10-24
13:38:46)

I've said this before, complete destruction will occur 70 years from now.

Only those who reach the
cap can survive ; no
further action is
needed.

No need to deliberately visualize

Cynthia 2020-10-24 13:39:04

That means the visualizations were all added by other people.

Wind 2020-10-24 13:40:16

This century is the
century of
cleansing; Earth is
an advanced
classroom.

There are different grades of schoolrooms for different planets. This one is a postgraduate course. It is of the most difficult and Therefore affords the greatest growth. All of us who are here are advanced souls advanced in that we have chosen an extremely difficult place of abode . We wanted a higher course, a tougher one, and we've got it!

Different planets have different levels of classrooms; this one is a postgraduate course. This is the most difficult course , and therefore the one that offers the greatest potential for growth. All of us here are advanced souls . (Souls) -- Advancement came about after we chose an extremely difficult location to settle in. We wanted a more advanced course, something challenging, and we got it!

However, the Earth has strayed
from its spiritual goal because
95 % of people are in AGF .
People regarded it as a place of enslavement and being enslaved, and
of enjoying material comforts.

Elizabeth 2020-10-24 13:41:11

If an enlightened being can completely counteract matter, why can't
they simply change all situations to a positive one?

The era of the Internet of Everything 2020-10-24 13:41:54

Can living inside a capsule
guarantee survival in a nuclear war on Earth?
(2020-10-24 13:42:16)

Therefore, it will correct itself and weed out a group of people who
don't study.

Elizabeth 2020-10-24 13:43:01

Instead, he hid away
to enjoy the tranquility .

(2020-10-24 13:44:09)

The answer is in the Lester Levenson (The Sedona Method) video.

If it weren't for the so-called master holding the
Earth's atoms, the Earth would have already shattered.
Yogananda intervened once.

However, there's no
need to intervene this
time; this cleanup is
a good thing.

Retake courses after failing to gain more experience.

During the Korean War, someone asked the master, "Will American soldiers who fight
bear bad karma because of the killings they commit?"

"They are fulfilling their duty as soldiers," the master replied. "No, they will
not incur bad karma because of it. This is a..."

A sacred war. The wicked must be defeated, or the whole world will be enslaved. This story goes beyond that. After the war began, the Master told a small group of us, "When South Korea was invaded by North Korea, I instilled in President Truman the idea of assisting South Korea in its defense. If South Korea were to fall, the communists would then invade Japan, then the Aleutian Islands, and from there they would invade Alaska and North America. Ultimately, the whole world might be swept into the materialistic philosophy of communism. For these reasons, defending South Korea is absolutely necessary. That is why I call it a sacred war."

I was fascinated by the suggestion that masters sometimes play an active role in world affairs. This implies that they are concerned not only with the salvation of individuals, but also with the spiritual advancement of humanity as a whole.

When Hitler first came to power, Parahonsa Yogananda held some hope for the future for several reasons. One of these was the unfairness of the Treaty of Versailles, which had plunged Germany into de facto poverty. He also saw, as he told a few, that Hitler in a past life had been Alexander the Great of Greece, and had shown interest in Indian yogis. Interesting. However, when Hitler allowed himself to be seized by the ambition for power, that ambition distorted his underlying spiritual inclinations. At this point, several masters began working against him. Masters always work within the framework of the law of karma. Thus, they do not attempt to change the fate of the world, but rather work within the karmic framework of the individuals involved. Therefore, they influenced Hitler's consciousness. However, they had permission to implant certain ideas into Hitler's mind, causing him to commit the mistakes that ultimately led to his destruction. For example, they advised him from within to disperse his power, fighting simultaneously in the East and West, and in Africa. They achieved this by fostering his confidence, making him feel he possessed an "invincible" ability. Militarily, Germany did not need to divide its front lines. This self-dispersion ultimately proved to be a fatal mistake.

Interestingly, the guru said that Mussolini was once Mark Antony of ancient Rome, Stalin was once Genghis Khan who ravaged Asia, and Winston Churchill was once Napoleon. (I once asked him, "Who was Roosevelt?" He replied, "I've never told anyone," and after a brief pause, added, "I'm afraid I'll get into trouble!")

Regarding Napoleon, he said, "He once wanted to destroy England. As Churchill, he had to preside over the dissolution of the British Empire. The sacred purpose behind World War II was to liberate the various countries of the 'Third World,' most of which were British colonies. Again, Napoleon was briefly exiled to Elba. Afterward, he regained power. Similarly, Churchill was once exiled from the political arena: now he has regained power."

Mainly Hitler's incident
The masters implanted certain beliefs
in Hitler that led to his defeat;
let's continue to release those
beliefs.

Qingxi 2020-10-24 13:50:21

This learning doesn't refer to knowledge acquisition, right?
Rather, it's about intellectual understanding, something unrelated to the mind,
isn't it? (Wind, 2020-10-24 13:50:39)

There's no need to
discuss spiritual growth
too much in this kind of
thing.

2020-12-24 When the mind naturally stops revolving around something, that is hootless.

Elizabeth 2020-12-24 13:59:14

The English word is: you don't give a hoot

The last sentence

That is, completely indifferent

Wind, please confirm if

what I heard is correct . (2020-12-24
13:59:19)

What you heard

is correct;

his

punctuation is

incorrect.

every impossible, no matter how impossible, become immediately a possible ,as you completely released on it.

This is a sentence

Elizabeth 2020-12-24 13:59:50

The last sentence

is also extremely

important,

otherwise it will

be misunderstood.

You know you completely released on it when you don't give
a hoot

Every impossibility, no matter how impossible, immediately becomes possible when you completely let go of it and stop paying attention to it.

[Chat Log: 20201224_13:12]

【

Wind **2020-12-24 13:12:15**

It seems many people have misunderstood
Lester Levenson (The Sedona Method) 's
statement about hootless. (Bethlehem Star,

2020-12-24) 13:12:29

You're wrong. I heard "don't" in Lester's recording. give a "hoot"
does not mean careless at all . **(2020-12-24) 13:12:48**

If a person stops focusing on something, the desire for it disappears, and you obtain it. This natural cessation of mental activity around the object is called hootless.

1

Lester explained this "don't" in the audio. give a hoot
It means that once you completely release it, your mind
will completely lose focus on it. This audio is on
YouTube.

The era of the Internet of Everything 2020-12-24 14:00:06

In that case, wouldn't it be
very difficult to verify the wind?
(2020-12-24 14:00:18)

Won't

Once you completely lose
attention, the era of the Internet of Things
will soon manifest. (2020-12-24 14:00:29)

Once it's achieved,
people won't care anymore, right?
(2020-12-24 14:00:48)

Yes, you will know perfectly well that it has been implemented.

Then you'll naturally stop paying attention to it.

That's why I told you, you need to fully understand its realization before continuing to unleash the potential of the Internet of Things era. (2020-12-24 14:01:15)

Should we delay this further ? (2020-12-24 14:01:26)

This delay is fine; the film has already been loaded.

The time projected onto the screen is Qingxi 2020-12-24 14:01:38

Everyone knows it's already happened, so why continue releasing it? (Comment by 不懂风, 2020-12-24 14:02:18)

You'll only understand if you've truly let go completely by continuing to release yourself. Sometimes you mistake incomplete knowledge for complete knowledge.

Qingxi 2020-12-24 14:02:42

How do I continue releasing it? How should I ask this question? (Wind, 2020-12-24 14:03:05)

In fact, when you truly know it completely, your mind will naturally release it completely and stop focusing on it. Just keep releasing it as long as you feel it.

2020-12-24 Following these six steps is not escapism.

Ming 2020-12-24 14:07:12

Chat history (2020-10-23 19:20:21)
picture

What does "action" refer to here? (Akuan71319 , 2020-12-24 14:07:26)

Yes, does action mean striving towards a goal? (Ming, 2020-12-24 14:07:34)

It must be done in the world, it must be done through action. These two sentences are difficult to understand; I'm stuck.

Zhenzhen 2020-12-24 14:07:49

You stay home every day and don't interact with many people, so you're not experiencing enough feelings. How can you release them? (A-

Kuan71319, 2020-12-24 14:08:02)

I've been staying home every day, and I'm feeling really emotional.

(Ming, 2020-12-24 14:08:29)

I thought just releasing it would be enough, but it turns out it doesn't work. [awkward]阿

宽71319 2020-12-24 14:08:40

Although not a major emotional fluctuation, Zhenzhen

2020-12-24 14:08:51

@阿宽71319 continues to release [facepalm]

I've become so relaxed that I'm not afraid to interact with anyone [smirk]

Akuan71319 2020-12-24 14:09:12

Yeah, the main thing is,
how should I proceed?
Yeah, this is
[strong][strong]

Ming 2020-12-24 14:09:16

@阿宽71319 Don't you have a job?

Wind 2020-12-24 14:09:38

no
Just release it.

Ming 2020-12-24 14:09:52

The teacher is here

Akuan71319 2020-12-24 14:09:55

Need not

Wind 2020-12-24 14:09:59

What Lester meant was that you don't need to
deliberately isolate yourself or escape from
the world.

Zhenzhen 2020-12-24 14:10:12

Uh-huh

Ming 2020-12-24 14:10:20

@Feng I don't need to work now, so there's no
need for me to find a job, right? Zhenzhen 2020-12-24 14:10:35

Because there are no obstacles in the process [smirk][grin], I'm just
afraid of others finding fault with me [covering face]

Face][Facepalm]

Wind 2020-12-24 14:10:50

Yes, that's
right, you
don't need to
look for a
job.

Ming 2020-12-24 14:11:00

So, am I
escaping? Just
staying home all
day doing
absolutely

nothing?

Wind 2020-12-24 14:11:16

Following these six steps is not about escapism.

Let me show you a passage from Lester Levenson (The Sedona Method)
's answer.

Well, she had to go out and look for a job, she had to go to an agent, she just couldn't sit down and wait.

Q: She has to go out and find a job, go to an employment agency; she can't just sit around waiting to die.

Liz Zhang 2020-12-24 14:11:42

One's own actions, body, and others are also projected images. As long as the source of projection (mind/feeling) changes, everything changes automatically. But...

If the projection source remains unchanged, all behaviors will be consistent with your projection source. If you feel you need to find a job, then you need to; if you feel it's escapism, then you're escaping. If you feel you don't need to find a job and everything will be fine automatically, then everything will be fine. - This is my personal understanding, based on Lester and Feng's interpretation.

Lester: I say all she had to do was to let go and be herself. Then even if she locked herself in a chamber somewhere the things would have come to her. You don't sit down and wait, you don't do anything. Just let go of the sense of doer ship. You just know that everything is perfect and then the slightest thought you have will quickly come into being. There's no Limitations on God, the Self. Whatever You thought, would have to come into being if you let go, because you're invoking your infinite power, your Self. Nothing can stop it!

A: I would say that what she really needs to do is let go and be herself. Even if she's locked in a room, what she wants will come automatically. Don't wait, don't do anything else, just release the feeling of wanting to act. You already know that everything is perfect, so even the smallest thought will come true. God is infinite, and the true self is infinite. If you release, whatever you think will come true because you have activated your infinite power, your true self. Nothing can stop it!

But at the same time, you have to struggle to get some action . Lester: No, I said just the opposite, I said lock yourself in a chamber and padlock. the outside of it and if you do What I'm saying you'll find that it will be effected. It has to be. Nothing can stop it! Omnipotence is invoked!

A: No, I said the exact opposite. I said lock yourself inside a room and put a lock on the outside. If you do as I say, you'll find it works, and it will.

Nothing can stop it, because omnipotence is activated!

Ming 2020-12-24 14:12:19

[color]

Liz Zhang 2020-12-24 14:12:50

What you believe is what it will be. Be honest with your heart and feelings. Release feelings you don't need. (2020-12-24 14:12:55)

Thank goodness I asked that question, otherwise I almost misunderstood again. [speechless]

Liz Zhang 2020-12-24 14:12:59

Unchanged

heart, no action.

(2020-12-24 14:13:04)

@Feng I understand a bit better now.

The key point is whether the six steps were followed. Liz Zhang 2020-12-24 14:13:19

Go with your gut feeling. Lester and Feng have already made it very clear. If you insist on thinking it through your own head, who can you blame? (Ming , 2020-12-24 14:13:23)

It's not about looking at outward behavior.

Hongyu 2020-12-24 14:13:50

@Wind, do I need to exercise at home? [Grinning face] I feel like I don't have any muscles if I don't exercise. I mean, besides exercising to release stress, is exercise unnecessary?

Wind 2020-12-24 14:13:57

Let me answer in Lester Levenson (The Sedona Method) 's words.
Exercise is good if one believe it is Good. If you believe exercise is good, it...

That's good.

Zhenzhen 2020-12-24 14:14:08

I'm free now! I can exercise if I want, and lie down if I don't.
Lately, I've been eating fried chicken nuggets every day and haven't been eating regular meals, but I've actually lost weight! [facepalm]

Hongyu 2020-12-24 14:14:34

@Wind Thank you. I understand.

Destroying Fake Masters on December 25, 2020

Wind 2020-12-25 00:30:08

Once we receive inner guidance, we will
destroy these false gurus who are paving
the way for the Second Coming of Jesus.

Tiancheng 2020-12-25 00:30:41

When will Jesus
come? (2020-12-25 00:30:54)
After nuclear war
Pointing out falsehoods is never wrong.
Pointing out falsehoods and upholding the truth may bring trouble, but
that doesn't matter.

2020-12-25 Wind and Heaven - High Spirit

Wind 2020-12-25 00:17:41

There were over a dozen
high-level beings involved
in this activity; there
were far too many in this
era.

Tiancheng 2020-12-25 00:18:23

Was Jesus powerless to
stop them? (2020-12-25 00:18:53)

Combating counterfeits is definitely a necessary situation.

When genuine seekers of truth are misled, actions to expose fraud will
occur.

It disappeared

The self-amusing
drama among
those who don't
seek the truth
is something the
master wouldn't
disturb;
Yogananda
directly used
destructive blue
light to destroy
some high-level
beings.

When they tempt his students, they shine
beams of destruction directly upon them,
their astral bodies...

Wind 2020-12-25 00:19:47

Falling down the evolutionary ladder

The ability to distinguish between truth and falsehood
stems from your inclination towards freedom. (December 25,
2020)

Wind 2020-12-25 00:44:19

The so-called ability to discern truth
does not actually come from the
intellectual capacity to distinguish
between truth and falsehood, but from
your inclination towards freedom. If
you pursue freedom or truth, you will
naturally be able to discern this.
Willpower is more important than
intellectual training.

Those who first came to Earth, this advanced
classroom, already possessed very good karma;
they came to the advanced classroom because
they desired freedom.

Then, many of the people who become human here come
to experience pain and pleasure. Only after they
have gained enough experience will they turn inward.

After turning inward, because of the still strong inclination towards the

world, one may encounter things that satisfy one's mind.

Similar pseudo-paths

You need very good karma to encounter the true method.

Once you encounter the true method, you need a strong inclination to recognize it and persevere. So reaching this point truly requires extremely strong karma.

2020-12-25 Wind and Heaven—Materialization and Antimatter

Tiancheng 2020-12-25 01:02:58

Have you reached the stages of materialization and anti-materialization?

(Wind, 2020-12-25 01:03:31)

I have moved beyond that stage.

The "Nabhikāpa" Samadhi is a natural state that transcends this stage.

(2020-12-25 01:03:53)

Is it possible to materialize the body and dematerialize the body? (2020-12-25 01:03:59)

Yes, like Lester, I only experimented with each ability twice and then lived like an ordinary person.

Tiancheng 2020-12-25 01:04:49

Can you go to Mars now? Astral travel?

Wind 2020-12-25 01:05:03

Ha ha

I haven't tried it, but I think it should be fine.

Tiancheng 2020-12-25 01:05:30

can I come
and see you
?

Like Lester Levenson (The
Sedona Method) 's experience of calling
his friend (2020-12-25 01:05:52)

I will not show this
Displaying miracles
is meaningless . (2020-12-25
01:06:14)

Um
What abilities
have you tested? (Wind,
2020-12-25 01:07:01)

I'd like to
leave this part
for you to
verify yourself.

Tiancheng 2020-12-25 01:07:21

Is this what Lester
said in the video? I'm
a little curious.

Wind 2020-12-25 01:07:41

Almost all of those
My initial experiment
was with
materialization, and I
subsequently conducted
several other
experiments.

Tiancheng 2020-12-25 01:08:13

What is
being materialized?
(Wind, 2020-12-25
01:08:18)

However, being interested in
these forces is the wrong
direction, so I won't share much
about them.

Tiancheng 2020-12-25 01:08:24

Yeah, I'm actually
not interested ,
hahaha.
dishonest

Wind 2020-12-25 01:09:26

If you weren't
interested, you wouldn't have
asked. (Tiancheng, 2020-12-25
01:09:30)

right

Wind 2020-12-25 01:10:22

To release, you
can do it all;
that's all I
wanted to say.

have produced many saints that their karma is
relatively good ?

Tiancheng 2020-12-25 01:37:27

Is it because both China and the US have produced many sages that they have good karma? (Feng, 2020-12-25 01:37:38)

Both China and the US have relatively good overall business prospects. (Tiancheng, 2020-12-25 01:38:20)

Is it because a master has emerged? (Wind, 2020-12-25 01:38:36)

The collective karma is better.

For example, when various countries invaded China, the Qing government had to pay reparations.

The United States is the only country that used all of its Boxer Indemnity to help China; it even used the funds to build Tsinghua University.

They built the best university and the best hospital in China.

December 25, 2020: The Relationship and Differences Between Desire, Emotion, and Feeling

The date indicated is December 25, 2020, at 12:43:36.

Are you saying to release the tendency to focus on emotions rather than feelings? (Wind, 2020-12-25 12:43:51)

The course uses the word "feeling" to describe feelings.

The nine emotional states are ...

The category under emotions is called individual feelings .

feeling

to do with bodily sensations ; it simply means that the release is accompanied by a feeling of energy dissipation.

Now, if you notice there are many categories here: indifference, sorrow, fear, greed, anger, pride, fearlessness, acceptance, peace, and under each category lie many feelings. What we're going to do in this course is that when you become aware of whatever you're feeling in the present moment, it's not necessarily indifference, sorrow, etc. If you're not aware of it in this way, what you need to

do is trace back to these categories. The reason we do this is that every time you release a little bit of sorrow, you release all the feelings beneath it. So releasing sorrow is much more powerful than releasing the individual feelings below it. When you trace these feelings back to the emotional category, you release the category itself, and you'll find that you move upwards much faster.

The date indicated is December 25, 2020, at 12:44:12.

Mr. Feng, could you explain the relationship and differences between desire, emotion, and feeling?

Wind 2020-12-25 12:44:25

About Releasing (1) - 早 Audio recordings of the original Releasing method created by Lester Levenson (The Sedona Method) and students 2020-11-14

[http://mp.weixin.qq.com/s? biz=MzIxMjA5MTc0MA==&mid=2660690236&idx=1&sn=0b3d226d2c741f7dee6a8da8c6601760&chksm=8c291f0fbb5e9619fa63578916c54c83d0abac51e5aebb822777c1d3bb2abf454b5fbdb444ef&mpshare=1&scene=1&srcid=1225hfLKflbw2zHBJMHQ41cR&sharer_sharetime=1608871517101&sharer_shareid=1ca6e0789be857d7e3cb658117ce2da8#rd](http://mp.weixin.qq.com/s?biz=MzIxMjA5MTc0MA==&mid=2660690236&idx=1&sn=0b3d226d2c741f7dee6a8da8c6601760&chksm=8c291f0fbb5e9619fa63578916c54c83d0abac51e5aebb822777c1d3bb2abf454b5fbdb444ef&mpshare=1&scene=1&srcid=1225hfLKflbw2zHBJMHQ41cR&sharer_sharetime=1608871517101&sharer_shareid=1ca6e0789be857d7e3cb658117ce2da8#rd)

This is a very efficient method, and it's a very simple method. We have the complete picture, the mind and feelings you have to work with. We have the diagram, in which you understand your subconscious mind, releasing thoughts and feelings. How are they released together? How are those surface feelings encompassed by a few less basic feelings we call emotions? How are these emotions encompassed by two basic feelings?

We attack them, and we can eliminate all feelings! It's so

basic, therefore extremely effective. The descriptions below

the emotion chart are the surface-level individual feelings.

(feeling)

The nine categories of emotions are those that drive individual feelings.

The desire for control and the desire for approval are two fundamental feelings that drive nine categories of emotions.

The era of the Internet of Everything 2020-12-25 12:44:50

So, the body will produce some phenomena when it releases these things, such as hiccups, right?

Wind 2020-12-25 12:45:22

The desire to survive (fear of death) drives the desire for control and identification; therefore, feelings, emotions, and desires are all forms of feeling.

Just superficial feelings and more basic feelings

The first and most fundamental feeling is the fear of death.

The era of the Internet of Everything 2020-12-25 12:45:38

It's normal whether it's there or not, right? (Feng, 2020-12-25 12:45:50)

Um

The course also mentioned later, after discussing the release of desire, that sometimes release happens very subtly, and if you focus too much on physical sensations, you'll get stuck.

Sometimes it is accompanied by the
dissipation of energy in the
sensory center; sometimes it is
simply a feeling of greater
psychological ease and pleasure.

The date indicated is December 25, 2020, at 12:46:05.

So, bloating, pain, soreness, and
numbness are all physical sensations and don't
need attention? (Feng, 2020-12-25 12:46:14)

Um

The release method never
said it would release those
things ; it only released
the feeling .

Bodily sensations are merely a
projected result, as identified in the text
(2020-12-25 12:46:26).

If you experience a bloating or abdominal pain when
releasing desires, how should you deal with it? (Feng, 2020-12-25
12:46:30)

Don't resist your physical sensations, just focus on your
psychological feelings.

Basic desires drive nine categories of emotions; these categories
drive all individual feelings; and these feelings drive thousands upon
thousands of emotions.

A thought

The date indicated is December 25, 2020, at 12:46:43.

Therefore, when we resolve to stop seeking approval from others, does this release of the three major desires contribute to the progress of this release?

Where can I get help?

Wind 2020-12-25 12:46:51

Only release helps.

If you are determined not to seek the approval of others, but choose to suppress your feelings, that won't help.

Elizabeth 2020-12-25 12:47:12

The wind says that every thought manifests? So now I'm clearing away these emotions and feelings, but thoughts still pop up from time to time—some good, some bad. How can I make them manifest simultaneously?

Wind 2020-12-25 12:48:59

We should start with the first step, consciously controlling matter. Whether we are aware of it or no, everyone is controlling matter all the time. Whether one wants to be a demonstrator or no, he is. It is

impossible to not be a Creator all the time. Everyone is creating every day. We are not aware of it because we just don't look at it. We have demonstrated or created everything we have! Every thought, every

single thought, materializes in the physical world. It's impossible to have a thought that will not materialize (except that we reverse it).

If we think the opposite right after we have a thought, with equal strength we neutralize it. But any thought not reversed or neutralized

will materialize in the future if not immediately.

第一步，有意识地控制物质。不论我们是否意识到这点，我们一直都在控制物质。不做创造者，是不可能的。每个人每天都在创造。我们之所以无法意识到，是因为我们不去看它。我们显化或创造我们所拥有的一切。每个念头，每个单一的念头，都在这物质世界显化。在一个念头后往相反的方向想，且用同样的力，这个念头便失效。任何一个念头，在其生成后不立即扭转抵销它，这个念头就会在未来显化。

每一个单一的念头都会显化，只要你不抵消它

相反的念头会抵消掉前一个念头

如果你说“我有完美身体”，下一个念头是“这不可能”，前一个念头就被撤销了

因此你需要释放那些驱动你的念头的潜意识程序

December 25, 2020: Do your feelings evoke a desire to control or to agree with them?

Elizabeth 2020-12-25 22:35:54

Previously, in releasing emotions, I first identified the current

emotion, then traced it back to a broader category. The emotion was then released within that broader category, not necessarily because a specific word in that category evoked a particular feeling. Is the same approach used in the "Three Desires"—tracing back and categorizing based on the current feeling—or are the "Three Desires" three specific feelings? @风

Recognize it as coming from, or recognize it.

Wind 2020-12-25 22:36:21

get them under

All feelings are driven by these three desires.

When you recognize which basic desire it is, it will surface, and there will immediately be a tendency to be released. One of the questions in the course is, "stir..." up
arouse

Do your feelings evoke a desire to control or to conform? You can ask yourself this.

Don't suppress your other feelings, but focus primarily on the desire to control and identify. If the desire to survive arises, then release that desire to survive.

Feeling sleepy is a way of trying to escape feelings.
(2020-12-26)

Elizabeth 2020-12-26 18:36:13

What's the difference between automatically detaching your attention from achieving your goal and this ecstasy? It's about continuously releasing yourself into ecstasy, but the goal doesn't need to be there, right? @Wind

Wind 2020-12-26 18:36:26

Once you get it, you automatically stop paying attention to it.

Before the goal is achieved, you just need to keep releasing.

Elizabeth 2020-12-26 18:36:38

If it's a long-term issue, you need to let go until you feel you already have it and automatically stop paying attention to it. But it doesn't need to...

Are you going to get ecstatic?

Wind 2020-12-26 18:37:01

Well, achieving your goal doesn't require such a high level of ecstasy.

Strong 2020-12-26 18:37:29

Why do I feel sleepy

when I release energy? @风风

2020-12-26 18:38:00

When we start moving into the Self, the ego Start putting blocks in the way: we get sick we go to sleep we have other things to do, e tc., because we feel we will be destroyed if the ego is destroyed. We

have convinced ourselves over the millenniums that we are these limited bodies and we think it take time to let go of these concepts of

Limitations.

When we begin to enter into our true self, the ego will cause trouble. We get sick, want to sleep, or do other things, because we believe we will perish along with the ego. For thousands of years, we have been convinced that we are this finite body, and releasing these limiting beliefs takes a very long time.

Feeling sleepy is a way of
trying to escape feelings;
wanting to survive is
wanting to survive.

The desire to live and the desire to die are two sides of the same coin.

Happy Time 2020-12-26 18:39:16

This could also be interpreted as an attempt to control what is being released, right?

(Wind, 2020-12-26 18:39:20)

Yes

December 27, 2020: Sleep is a continuation of the previous state of consciousness.

Wind 2020-12-27 22:03:12

Completely release your feelings about a thing or a person, from as little as a minute to as many hours as you decide to do it.

There's no need to drag it out for weeks, months, or even years. Most people use this highly effective method extremely inefficiently. You can release it before you fall asleep.

Sleep is a continuation of the previous state of consciousness. (Yi Ling, 2020-12-27 22:03:25)

What could be the reason for this?
(2020-12-27 22:03:42)

The six steps were not followed.

December 27, 2020, requires absolutely no "persistence".

Wind 2020-12-27 22:15:25

Release doesn't require "persistence" at all.

Because each release requires no effort and is always easier and more pleasurable, talking about the frequency of release seems a bit strange.

Because there was no stopping during the six steps.

Distracted thoughts on December 27, 2020 are simply a tendency to escape.

Elizabeth 2020-12-27 22:14:17

I felt relaxed and happy, but
not clear-headed enough. (2020-12-27
22:14:25)

Therefore, by simply practicing
continuously, you can gain clarity. (Rong 2020-12-27
22:14:38)

6 steps of this release method. Everyone's experience is different.
If I successfully release, the feeling of pleasure is indescribable. Staying in
that state, I don't want to leave, and I feel so brave. @Liz Zhang
Wind 2020-12-27 22:14:50

No need to analyze
the principles during this
period. (2020-12-27 22:15:18)

@Wind, when I release, the first half usually goes smoothly, but then I
get distracted. I don't know how to release after that.

Already?

Wind 2020-12-27 22:15:29

You mean you
were daydreaming? (Shuxin,
2020-12-27 22:15:36)

It's @wind

Wind 2020-12-27 22:16:14

When you become aware that
your mind wanders, it's
simply a tendency to avoid
things. Once you realize
this tendency, the desire
to control your mind
wandering will decrease.

The era of the Internet of Everything 2020-12-27 22:18:50

Could you give
me some pointers? (Wind,
2020-12-27 22:18:59)

Actually, there's not
much to explain
because the answer
lies within the six
steps.

The era of the Internet of Everything 2020-12-27 22:20:10

I don't know what my current
status is. (Posted by Banfeng on
2020-12-27 22:20:19)

Then release this person who wants to understand.

Elizabeth 2020-12-27 22:21:14

Is the feeling of emotions localized, or is it also felt in the chest
and abdomen? I previously felt that emotions resided in my nose and
head.

Nearby. @Wind

Wind 2020-12-27 22:21:26

Feeling at the center of sensation

Elizabeth 2020-12-27 22:22:10

Near the
heart chakra? (Posted
by Feng, 2020-12-27
22:23:54)

However, you don't necessarily
need to focus excessively on
your feelings; the important
thing is that you recognize
your emotions.

This way you can
clearly perceive that
the absence of emotion
is also a form of
emotion.

Elizabeth 2020-12-27 22:25:16

How can one
release
emotions when
they are subtle
and difficult
to grasp?

@风's tendency to not focus on feelings mean focusing on one's
immediate present moment?

Wind 2020-12-27 22:26:24

Pay attention to your emotions
Since you haven't clearly
experienced release yet,
it's recommended to start by
experiencing the release of
emotions.

Once you experience the release of emotions, you can then release your
desires.

Elizabeth 2020-12-27 22:27:00

I've released my emotions and felt
them. I'll go back again. (Wind, 2020-12-27
22:27:17)

unnecessary

You always have feelings, you always have feelings.

Elizabeth 2020-12-27 22:28:04

Emotional release without pleasure,
but with a lighthearted feel. (2020-12-27 22:28:13)

More enjoyable

It's better

than before . (2020-12-27
22:28:41)

It seems you're not very
perceptible; I can't quite sense what kind of
wind it is. (2020-12-27 22:29:00)

If you can't feel it, it's just blurry.

Elizabeth 2020-12-27 22:29:18

Some emotions The feeling of releasing desire is not as strong anymore. Or
rather, they are confused about pleasure. Is it easier?

Puzzled

Wind 2020-12-27 22:30:50

Release your desire to change the vagueness, and your feelings will become
clear.

2020-12-27 You might feel that it's normal to not
feel anything after asking several times in a row, or
even after asking for more than ten minutes in a row.

Wind 2020-12-27 23:39:13

Don't ask
questions, just
let my answer be
simple.

You know

The release technique is a highly effective method, but
people often use it in a very inefficient way and are
not used to the fact that each release is more
pleasurable, which is why this problem exists.

Zong Zhen 2020-12-28 22:10:50

@Wind, how can I efficiently

release and experience a pleasant breeze?

(2020-12-28 22:11:16)

You might feel nothing after asking the question several times in a row, or even for more than ten minutes straight, which is normal. This is just part of the initial learning stage of finding the release of feeling, and it's normal.

Calm and Free 2020-12-28 22:12:41

@Wind Sometimes I feel happy quickly, sometimes not, it's unstable.

Is it because I haven't found the right feeling? Or what is it? Wind 2020-12-28 22:12:50

Releasing once
will bring more
pleasure; see step
six.

Every time, every single time

If you don't feel more comfortable after going through the process, you're stuck.

Peaceful and Free 2020-12-28 22:13:15

[Smug] It seems there are no complicated questions, and no complicated answers either.

Shunxing 2020-12-27 23:41:02

This feeling is like the sensation
above clearly leaving, followed by a
surge of pleasure below.

This is a release

If not, it's probably just the brain's imagination.

--wind

2020-12-28 When you chase after the world, you are
developing your mind, making it more cluttered, which
exacerbates suffering.

Wind 2020-12-28 22:12:12

the world is only Misery is
Lester Levenson (The Sedona
Method) 's teaching; the
world is only suffering is
also the Buddha's teaching.
That's the truth.

The world is
merely a figment
of the mind's
imagination; the
mind is merely a
limitation.

When you limit your infinite existence, you are in pain.

+ 2020-12-28 22:12:38

Where does that

joy come from? (Wind,

2020-12-28 22:12:50)

All happiness comes from a state of mental tranquility, where you
perceive a greater sense of infinity.

You mistakenly believe that the sole source
of your happiness, derived from certain
external people and things, is your infinite
existence.

The pleasure that people experience during orgasm is merely a

temporary calming of the mind.

What is the joy of achieving a goal? It's when you acquire something and allow your mind to be at peace for a while. When you chase after the world, you are developing your mind, making it more chaotic, which intensifies suffering. The only way to relieve suffering is to change direction and quiet your mind.

Because the sole source of happiness is infinite, and only with a tranquil mind can this infinite existence reveal itself in greater detail—it's that simple.

+ 2020-12-28 22:13:01

I'm so afraid you'll say that
release is all painful.

Wind 2020-12-28 22:13:19

Releasing will make you feel more happy.

Shuxin 2020-12-28 22:13:57

@Wind The only way to relieve pain is through
release, continuous release, right? Teacher Wind 2020-12-28
22:13:59

Yes, action only creates more pain; only release can relieve your pain.

Shuxin 2020-12-28 22:14:00

@Wind Why can't I feel joy? I feel like I'm quite focused. Wind 2020-12-28 22:14:07

● Releasing will make you feel better

It won't be a one-time experience of extreme joy, but it will be even better. (Huixuan, 2020-12-28 22:14:19)

@MasterFengFeng , are you now manifesting materiality, antimatter, or something else? [smirk] Why aren't we manifesting yet? [goofy] laugh]

Wind 2020-12-28 22:14:29

Release more

Shuxin 2020-12-28 22:14:50

Is it a feeling of things slowly dissipating in your heart? @风风2020-12-28 22:15:06

The obvious sense of ease and pleasure means that many things are not worth mentioning as there's little point in discussing them.

Huixuan 2020-12-28 22:15:18

Why not talk about it? (2020-12-28 22:15:34)

Seeing is always better than hearing about it.

If you truly want to know something, let go and find the answer within yourself.

December 29, 2020: Allowing this feeling of having no feeling.

Xiaoli 2020-12-29 06:05:48

In my own experience of being stuck, sometimes when I become aware of the "want" to come out, my first reaction is to judge and try to suppress it. When

I realize this, I "allow" it, allowing the judgment to surface. I release this first, and then release the desire, and a clear sense of pleasure will emerge.

Allow yourself to feel nothing, release the urge to control, and then release; or allow yourself to escape the urge to release, release the urge to control, and then release.

Without exerting force, simply allow it to emerge and leave, and the release process becomes easy.

December 29, 2020: It's best not to believe anything.

Wind 2020-12-29 11:12:23

Actually, you don't need to pay attention to me. Lester Levenson (The Sedona Method) is a window into the path of liberation, but it's just a window. When I was studying Buddhism before, I read the "Kalama Sutra" and used it as a standard. This is a picture someone sent me; I sent it to everyone.

It's best not to believe anything.

Only with this level of self-reliance can freedom be possible.

(Note: Refer to **2020-12-23**) (Image of the Kalama)

December 29, 2020: What's the difference between releasing and experiencing awareness of emotions?

S 2020-12-29 11:20:12

I'd like to ask what the difference is between releasing and experiencing emotional awareness? I've previously learned about emotional awareness, observing emotions in a certain part of the body until they completely disappear. Now I'm using the release method, and I'm wondering what the difference is. [fist bump] @我是无限风 2020-12-29 11:20:37

Being aware of your emotions can be somewhat helpful, but when learning the release method, it's best to strictly follow the release process. You can set aside any previously learned knowledge and just experience the method itself.

Wang Jingfang 2020-12-29 11:21:04

@Wind Thank you, teacher. I've been trying to be more self-aware for over a year, and I've found that while I'm generally aware of my basic emotions, I haven't been able to detect deeper ones, yet they continue to affect my life. A friend recommended the release method, and I was very happy after seeing it. I'm ready to let go of my previous feelings and focus on a 21-day release program. [clasped hands][clasped hands][clasped hands]

Wind 2020-12-29 11:21:50

You're welcome
The release

method is very effective.

(Wang Jingfang,

2020-12-29) 11:22:39

@Fenghao, I won't call you teacher [roses][roses][roses][roses] You need to record it in a notebook when releasing it.

Training?

Wind 2020-12-29 11:22:48

@Wang Jingfang, you can use it. You can first look at the release method course compiled by the group owner, which mentions some uses of the notebook.

December 29, 2020: Every release deepens your own

experience.

Wind 2020-12-29 11:31:32

Don't pay attention to me
personally, because I have no
intention of becoming a teacher. I'm
just sharing some of Lester Levenson
(The Sedona Method) 's original
teachings, which might be helpful.
The translation process allowed me to revisit the... The
"way " series helped me, so I'll stay in the group and
share for a while.
But I'm not a teacher.
Actually, you don't need to ask too many questions.

Wind 2020-12-29 11:35:23

The method is very simple.

Six steps to practice it for a month
You'll be completely free in
one to two months. If you
can't do it in one or two
months, then it's impossible.

Simple, or impossible
The method is so simple that
it doesn't need an idol, and
so fast that it doesn't need
a benchmark.
Because you don't need to look at others.
Each release deepens your own experience.
This method requires absolutely no beliefs or faith from you.

2020-12-29 Wanting the world to be the way you want it is
wanting to control it.

Slight Warmth 2020-12-29 11:42:12

@Wind I can't feel the desire
to control it, Teacher Wind 2020-12-29
11:42:29

Wanting the world to be the way you want it is wanting to control it.

Jerro 2020-12-29 11:43:14

When I asked myself if I wanted to change
this stuck situation, the answer was "no,"
and then I couldn't continue.

风 2020-12-29 11:43:46

你喜欢这个卡住吗？

Jerro 2020-12-29 11:44:05

我能看到我胸腔里慢慢都是要控制、要控制，但就没没法让它们走[流泪]问自己是不是想
要改变这个卡住，答却是“不是很想改变”

然后就进行不下去了

求助@风

风 2020-12-29 11:44:52

你喜欢这个卡住吗？

Jerro 2020-12-29 11:45:16

好像不讨厌

风 2020-12-29 11:45:30

那你也能决定放它离开吗？

Jerro 2020-12-29 11:46:01

不讨厌，依然放它离开。。。艾玛，好想哭

风 2020-12-29 11:46:22

你想感觉更好吗？

Jerro 2020-12-29 11:46:57

在哭[流泪][流泪][流泪]，不知道[流泪][流泪]

Wang Jingfang 2020-12-29

11:47:10

@Wind , do you wait until you encounter emotions to release them, or do you
deliberately stir up things to make your emotions come before releasing them?

Wind 2020-12-29 11:47:24

Sometimes, you're just afraid to feel better. Be bolder! [laughing emoji]

Jerro 2020-12-29 11:47:51

I am very ill, but I don't know how to
get better, or rather, I don't even
know if I want to get better.

风 2020-12-29 11:48:16

任何时候你都有情绪

如果情绪不明显，那叫“模糊不清的感受”

Jerro 2020-12-29 11:48:29

I feel like I don't have much time
left, yet I still lack the strength . (2020-12-29
11:48:38)

很明显，你想要改变某个状况这个感受就是想
要改变

Jerro 2020-12-29 11:48:52

But I can't let go of
the urge to control.
What does it feel like?

风 2020-12-29 11:49:00

卡住只是一种感受，你感受卡住的感觉，然后感受对它的想要控制你能感受到卡住
它也只是一种感受
同时你能感受到对它的想要控制

Jerro 2020-12-29 11:49:28

I said I couldn't feel any control over the stuck
state; it just felt like it was stuck and that was
it. This made me feel helpless and unable to
continue.

Wind 2020-12-29 11:49:43

Do you want it to be smooth and not lag?

Jerro 2020-12-29 11:50:16

It seems
there's no wind .
(2020-12-29) 11:50:21

If you don't want it to be smooth, then think about what you want to
change.

Jerro 2020-12-29 11:51:56

@Wind felt it for a moment, and I agreed to let go of that "stuck" feeling, which I don't dislike, just like agreeing to let myself go—it was very reluctant.

So I'm very sad.

Wind 2020-12-29 11:52:27

That can sense your sadness.

Then let it go.

Slight Warmth 2020-12-29 11:52:40

@Teacher Feng, she's showing this sadness; shouldn't we
look into the desires behind it? Feng 2020-12-29 11:52:48
Release desires faster

Released stuck on 2020-12-29

Wind 2020-12-29 11:52:17

Being stuck is just a feeling. You feel the feeling of
being stuck, and then you feel the desire to control it.

Do you want to make it stop being stuck?

Relax, releasing is effortless.

Releasing the urge to control means becoming aware of that urge, and
at the same time, you will naturally have a tendency to let it go.

When you are stuck, first notice the feeling of being stuck.

When the feeling of being stuck arises, don't try to suppress it,
nor try to walk around or slow down before releasing it. If you
avoid the feeling of being stuck, or suppress it into your
subconscious, it will continue to affect you.

No analysis required

Release the one

that wanted to

control the

stuck

First, allow the feeling

of being stuck to be

expressed, let yourself

feel the feeling of

being stuck, and then

release the desire to

control it.

If you have vague feelings, then allow yourself

to experience those feelings and then release

the desire to change them.

from 2020-12-29 will fade away as the feelings dissipate.

Hongyu 2020-12-29 11:55:27

@Wind, do you want a goal, and then release that desire? Isn't that a contradiction? I want my hair to turn black, but then I release this control, is that right?

Wind 2020-12-29

11:55:46

Wanting = lacking

释放了想要，你就会感觉到拥有释放目标很简单
看看你对目标的感受，然后释放

Hongyu 2020-12-29 11:59:48

@Wind Hmm, did you release it until you felt a sense of possession within yourself? Wind 2020-12-29 12:00:26

Yes, once you fully possess it, your mind will naturally stop focusing on that goal, and then the goal will fall into your experience.

Relax, releasing is effortless.

The common saying "I don't care" is incorrect, because after suppressing your feelings for a period of time, your mind will...

早Declaring "I don't care"

Slight Warmth 2020-12-29 12:02:31

Teacher Feng, if releasing the desire for control means releasing a feeling of exertion, then letting it go, or loosening one's grip, is the same.

Okay? @Wind

Am I overthinking things? Am I trying to understand things with my head?

Wind 2020-12-29 12:02:48

Release all feelings about the goal, and you will feel that you already possess it. Because you already possess it, your mind will automatically shift from...

Move the target up

Wind 2020-12-29 12:03:17

The question does not need to be changed; the question does not need to be understood.

Releasing the urge to control means becoming aware of that urge, and at the same time, you will naturally have a tendency to let it go. When you are stuck, first notice the feeling of being stuck.

Hongyu 2020-12-29 12:04:18

@Wind, when you ask this question, is it a mechanical question, or do you adjust the question according to your own situation?

Wind 2020-12-29 12:04:34

卡住的感觉浮现时，不要试图压抑它，也不要试图走一走、缓一缓后再释放如果你逃避卡住的感觉，或者把它压抑到潜意识中，它就会持续运作你

Hongyu 2020-12-29 12:04:53

Sometimes I adjust the questions based on my own situation. I don't know if I'm doing it right?

Sometimes I'm so happy I can't calm down and let go.

Wind 2020-12-29 12:06:56

The release process itself is very simple, so it doesn't require much adjustment.

Slight Warmth 2020-12-29 12:07:09

Allow the idea to surface, then become aware of the desire to change it, and release that desire? @Fengfeng 2020-12-29 12:07:25

Um

Slight Warmth 2020-12-29 12:10:58

Teacher Feng, have I overdone the practice of releasing desires? I'm not sensitive to my sensation center at all. @Fengfeng 2020-12-29 12:11:41

If you learn to release your emotions, you can practice releasing your desires.

Sunny 庄 2020-12-29 12:12:12

How should we deal with the state of "ambiguity"? I started to feel this way after continuously releasing information about a target.

A feeling

Qing 2020-12-29 12:12:35

It just feels like sometimes the release only stays at the mental level .
(2020-12-29 12:14:26)

If your feelings are unclear, then release that desire to change that unclear feeling.

“Do it, keep doing it. When you get stuck, use the ‘what to do’ process in this method to let go of the desire to change the feeling of being stuck. If it’s a vague feeling, let go of the desire to change that vague feeling. Once you’ve released it, you can attack that feeling of fear of death again.”

Da Bao 2020-12-29 12:20:25

@Wind For example, when I release target A, my first feeling is to control it and let it go. Then, the next thing I realize is that I want to identify with a person B or an event B from the past . Is this a good way to release?

I’ve found that releasing the present automatically brings up past events and scenarios.

Wind 2020-12-29 12:21:12

Can

Release whatever

appears . (2020-12-29 12:22:26)

Is it possible to release pent-up emotions from past traumatic events that make me want to cry just thinking about them? @Fengfeng 2020-12-29 12:24:35

sure

Hao Qianqian 2020-12-29 12:26:07

@Wind I released what I wanted to control, like letting go of something. Wind 2020-12-29 12:27:33

Yes, repression prevents you from experiencing pleasure; just release your feelings.

Qing 2020-12-29 12:28:25

It’s not the visuals, it’s the feeling of desire . (2020-12-29 12:28:28)

The image will fade away as the feeling dissipates. (2020-12-29 12:32:22)

I just set a goal. My first feeling was surprisingly happiness, not worry or fear; this is when I enter a state of fantasy and anticipation.

Did you stay?

Or did I misunderstand my first impression?

Wind 2020-12-29 12:34:49

Just release it.

Then see how it
feels. (Da Bao, 2020-12-29
12:36:49)

@Wind released the target (earn 1 million)

For example: The first person wants to control, the second wants to be recognized, the third wants to control, and then they get stuck. Then they want to change and release the stuck state. Then they feel pleasure. Is this a release from a single goal?

Wind 2020-12-29 12:37:27

Release one, then release
another, then release yet
another until you feel you have
it.

Peaceful and Free 2020-12-29 12:37:37

Was the slight feeling of panic I released yesterday a fear of death? I still wanted to control it.

Wind 2020-12-29 12:37:59

Panic is fear

Fear is an emotional state

Then you can see whether you want control, acceptance, or safety, peace, and freedom. (2020-12-29 12:40:21)

@Wind, if you have any feelings, allow them to surface and then see what kind of desire it is, then you can let it go. (Wind, 2020-12-29 12:41:11)

Release desires faster

Peaceful and Free 2020-12-29 12:42:13

If you feel like letting a feeling go and ignoring it, isn't that suppressing it, not releasing it? (Wind, 2020-12-29 12:42:53)

This is repression.

Da Bao 2020-12-29 12:43:10

Once you feel you've achieved something, should you refocus on that goal, or switch to a different goal, take a break, and then try again? (Wind, 2020-12-29 12:43:29)

Feeling like I'll

continue to release Da Bao after acquiring it 2020-12-29 12:43:30

What I mean is, until the manifestation is complete, I still feel that having it is enough. (Wind, 2020-12-29 12:43:38)

You don't need to stop releasing it until you are completely sure it's yours.

Peaceful and Free 2020-12-29 12:43:53

@WindIsGood, I've noticed I often have this self-righteous repression, as if I'm some kind of awesome person who can bear any feeling.

live

Wind 2020-12-29 12:43:54

Your mind will naturally drift away from the goal.

Because it's already yours, you won't think about the target anymore. (Yan, 2020-12-29 12:47:52)

For example, I try to release my anxiety about having a big face, but every time I look in the mirror, the anxiety comes back. What should I do? Should I stop looking in the mirror altogether? @Wind

Wind 2020-12-29 12:48:20

That means the underlying

feelings have been brought
to the surface and are
being released.

You've received it once it's
completely released; you'll know
immediately that you've received
it without needing secondary
confirmation.

Responding to the question about looking in the mirror

Elizabeth Zhang 2020-12-29 12:52:36

If you're considering releasing information about a target and think
about all the possible reactions the other person might have, including many
negative ones, what kind of feeling would you want to convey?

God be. 2020-12-29 12:52:43

When heartbroken and utterly despondent, how long can one continuously
release these emotions? Sometimes, even releasing emotions for several
hours can cause a sudden drop in spirit.

Entering the valley @ wind

Wind 2020-12-29 12:53:13

The possibility of something
bad is just a feeling; any
feeling can be released.

If you continuously release your desires,
you can completely release them in a few hours.

(Salarin, 2020-12-29 12:53:49)

@Is the release of wind in a very relaxed state? Why haven't I
experienced the following: Releasing the desire to control means becoming aware of
that desire, and at the same time, you naturally have a tendency to let it go.

Wind 2020-12-29 12:53:58

Of course
Therefore, continuous release is key.

When you can't tell the difference, there's something you
want to figure out. (December 29, 2020)

Elizabeth Zhang 2020-12-29 12:54:24

To give an extreme example, such as before going to court, you need to
consider what the other party might say and how they might argue.

Wind 2020-12-29 12:55:00

Therefore,
continuous release
is the key and
doesn't need to be
considered.

Shuxin 2020-12-29 12:55:14

@Teacher Feng, how do I categorize these emotions that I'm describing?

Wind 2020-12-29
12:55:35

No analysis required
Release the one you want to control

Elizabeth Zhang 2020-12-29 12:56:12

@Is the wind talking
about me? Elizabeth Zhang
2020-12-29 12:56:30

No need to

consider all the
possibilities . (2020-12-29
12:57:00)

sorrow

Yes, you don't need to use
your brain to think about
all the possibilities.

You've noticed, it's all
about trying to control.

After releasing them, they will
all quiet down. (Sarah, 2020-12-29 12:58:19)
@The wind naturally has a tendency to let it go.

Why haven't I realized this yet? Did I do something wrong?

Wind 2020-12-29
12:58:47

No need to think about those
images and thoughts one by
one; just practice with the
video.
Simply practice, relax a bit

Shuxin 2020-12-29 12:59:00

@Wind's sorrow is an emotion category, but I
don't understand which desire it belongs to. (Wind
2020-12-29 12:59:15)

When you can't tell the
difference, you want to figure
it out, and that's what you want
to control.

Once you release what you want
to control, you'll be able to
distinguish between what's above
and what's below. Your
subconscious will automatically
surface; by continuously
releasing these things, you can
clear your subconscious.

Elizabeth Zhang 2020-12-29 12:59:41

So you just know you don't need to focus on this
limiting belief to release it, right? (Wind, 2020-12-29
12:59:48)

No need to
focus on
beliefs,
release
feelings

Elizabeth Zhang 2020-12-29 13:00:15

Release the target without releasing the discovered limiting belief.

风 2020-12-29 13:00:06

卡住了

先允许卡住的感觉表达出来让自己感受到卡
住的感觉

Li Yuan 2020-12-29 13:01:17

Is a feeling of lack also released directly? @Teacher Feng

Wind 2020-12-29 13:02:18

you can release the
desired control over
it .

Anna Anting 2020-12-29 13:02:22

@Wind Sometimes I feel like I
don't even accept myself
anymore, so how can I want to
be accepted?

Wind 2020-12-29 13:00:29

If the feeling is vague, then allow yourself to experience that vague
feeling.

Wang Jingfang 2020-12-29 13:00:45

@Feng Gang followed the complete process for a release of feelings
and realized that he thought he didn't have it or couldn't do it, so he was
anxious and worried and came to you for advice. When the release ended, he found
that he did have it and could do it, so he relaxed. Is this the process?

Wind 2020-12-29 13:00:59

Then release the vague desire
to change is not

释放的过程是一种体验不是头脑的想法
多练习流程

允许自己感受到自己的情绪然后使用问句
问句不需要被理解，只是问就可以

If you don't accept yourself, isn't it
because you want to be accepted? Once
you've experienced release, the
feeling will be very clear. Therefore,
beginners need to practice to
experience it. It's okay, you'll get
it after a few tries.
Keep it simple
It's best to practice with a video.

Elizabeth Zhang 2020-12-29 13:02:10

The question of what needs to be done to
achieve a goal is also a kind of limitation and a desire
for control. (Feng, 2020-12-29 13:02:50)

"What must be done" is, of
course, a limitation; a
complete clearing at once will
not...

Most people retain some of their energy with each release, thus creating an
endless cycle.

Hao Qianqian 2020-12-29 13:02:21

@Is the wind following that
video about releasing desires? 2020-12-29
13:02:47

There is a noticeable feeling after release.
Sometimes it's not obvious, it's subtle, but most of the time it's
noticeable.

Elizabeth Zhang 2020-12-29 13:02:50

Focusing solely on the goal, feeling a sense of possession during the process, but still feeling the need to take a certain action—does that mean not having truly released control? Does true control mean not needing to actively do anything, even with a goal of a hundred million, opportunities will come to you on their own?

Wind 2020-12-29 13:02:59

Yes, pure love

Yes, it needs to be released until it falls onto your knees.

After learning how to release emotions, practice along with this video.

Elizabeth Zhang 2020-12-29 13:03:21

@Wind, in the process of achieving the goal, do the actions of those who are inactive have a sense of being guided or relaxed, rather than being proactive and spontaneous?

Wind 2020-12-29 13:03:42

You don't need to do anything proactively.

Aside from releasing, you don't need to do anything.

Elizabeth Zhang 2020-12-29 13:03:51

If a thought has already arisen, is ignoring it a form of escapism? Or is focusing solely on the feeling, and escaping the thought itself, not escapism? Is it about completely abandoning the path of thought and focusing solely on the present feeling, regardless of any good ideas or suggestions the mind might offer during the process of releasing it?

Wind 2020-12-29 13:04:10

You don't need to follow your thoughts.

Simply releasing your feelings can clear away thousands of thoughts.

Feelings, which Lester calls programs, are the programs that drive thoughts. Even good beliefs, you don't have to follow them.

Continuously release feelings

Release the feelings that surface

Camphor tree 2020-12-29 13:04:16

@The wind got stuck. When I tried to let go and change things, it seemed like it was still there. Was it because I hadn't fully released it?

Wind 2020-12-29 13:04:28

You can continue to allow yourself to feel this stuck feeling, and then release the urge to change. (Camphor Tree 2020-12-29 13:04:30)

@Wind, can you not ask anything, but simply be aware of this blockage?

Wind 2020-12-29 13:04:50

有时候会有用，但是如果你不有意识去释放，会持续卡住不要变成一种“觉知法”

It got stuck on 2020-12-29

Wind 2020-12-29 12:59:21

Stuck

First, allow the feeling
of being stuck to be
expressed, let yourself
feel the feeling of
being stuck, and then
release the desire to
control it.

2020-12-29 You don't need to follow your thoughts;
simply releasing your feelings can clear away
thousands of thoughts.

Wind 2020-12-29 13:20:21

Student (Haier): I have a question. How do you get yourself to that
point where you're not an actor? Lester: Me? I just say, "I'm not an
actor," that's all.

Student (Haier): That's you, how do I do that?

Lester: Practice. Of course, the best way is what I said before, release. When you
release, you're no longer an actor. Sometimes this answer confuses you (laughter)
.

Wind 2020-12-29 13:20:45

Student (Hayr): Lester, lately I've been looking at all the concepts I have,
including that spiritual concept—that I am not this body . Then, there's
something I'm doing right now that I'd like you to help me check if I'm on the
right track. I want to follow that belief because when I let go of it, I often
feel worse, and my inner experience with the concept becomes , "It's just a
concept."

Lester: "I am not this body" is an admission of a body, isn't it? It's a trick of
the mind, the mind that only deceives you, destroys you, squeezes you, making you
continue to believe you are an infinitesimally small body. The function of the mind
is limitation. So when you let go of your mind, what remains is your existence.
That's it. And it's right here, without limitation.

Wind 2020-12-29 13:21:06

You don't need to follow your thoughts.
Simply releasing your feelings can clear away thousands of thoughts.
Feelings, which Lester calls programs, are
the programs that drive thoughts. Even good
beliefs, you don't have to follow them.
Continuously release feelings

feeling 2020-12-29 13:21:42

@Feng Haier was so lucky to meet Master Lai and be authorized to continue this method, yet he still failed to reach the finish line.

Why is that?

Wind 2020-12-29 13:21:59

You can see that even when Lester was alive, Hale already had a tendency to modify this method. The people Lester truly favored, Michael and Ralph, wouldn't be allowed to spread the method. The people Lester entrusted with the responsibility of promoting the method were precisely those less inclined towards freedom and more inclined towards good. Lester would only let them be liberated, to gain freedom first. The relationship between teachers and students is one of correspondence. In reality, the masses do not want freedom. Those who do not want freedom are suited to modified methods and some psychological stress relief.

Each has its own suitable method.
You could also say it's because of karma.

December 29, 2020: Your decision was merely driven by your feelings.

Elizabeth 2020-12-29 14:03:07

The wind, being in a state of omniscience, probably knows who the next Nirbhabhapa Samadhi will be. @风风2020-12-29 14:03:14

There is no free will in actions driven by karma.

However, choosing to identify with your body or your true self is entirely a matter of free will.

Elizabeth 2020-12-29 14:03:35

What is the relationship between fate and liberation ? (2020-12-29 14:03:48)

Destiny is your program

Releasing means
deactivating your
program; only
releasing can
deactivate it.

Without releasing those processes, whether through action or inaction, it is impossible to eliminate karma, and therefore there is no free will to speak of.

ZOEY 2020-12-29 14:03:50

@Feng, regarding goal release, how can I achieve it without taking any initiative or becoming an "actor"? For example, if the goal is to easily complete a task, how can I do nothing to do so? The materials I need to write have already been submitted; can I simply do nothing? Perhaps this question is a bit silly.

Wind 2020-12-29 14:03:59

If you fully release it, you can do it.

Elizabeth 2020-12-29 14:03:07

@风因此可以通过释放认同真我而完全解除程序业力 命运八字什么的都不算数了
是吗

风 2020-12-29 14:03:07

嗯，只要你持续释放几天，所有的星象命理对你完全失效

Elizabeth 2020-12-29 14:04:10

What I was actually asking was, in your current situation, how do you help the next person reach Samadhi? You are omniscient, so see...

Get the future

We should know who it is.

Wind 2020-12-29 14:04:19

No, this has no future.

Everyone can decide to achieve freedom at any moment.

Elizabeth 2020-12-29 14:04:27

Therefore, the idea of future wars or new methods 70 years from now is merely a generalization based on the current karma of the Earth.

Rate

Wind 2020-12-29 14:04:36

This is complete free will, unaffected by anything.

Elizabeth 2020-12-29 14:04:44

It's not a
certain future,
is it?

Wind 2020-12-29 14:05:07

This is a definite future.

Elizabeth 2020-12-29 14:05:24

Why

Wind 2020-12-29 14:05:37

Because you won't change it.

Elizabeth 2020-12-29 14:06:00

With so many people on
Earth, if they practice

风 2020-12-29 14:06:13

你觉得地球有多少人在趋向自由？

在这个德帕拉时代，没有多少人在趋向自由

打着灵性旗号团体聚集起来的并不是想要自由的人，这只是个极大的误解

consciousness.

Elizabeth 2020-12-29 14:06:44

Do you already know about the new,
faster method 70 years from now?
Can you tell me?

Wind 2020-12-29 14:07:50

You can't use it
That's the result of physical evolution.
You can directly see the subtle properties created by the particles of
life.

Elizabeth 2020-12-29 14:07:59

So much evolution in 70 years

Wind 2020-12-29 14:09:05

It is one of the 112 paths.

Elizabeth 2020-12-29 14:10:10

What are life
particles ? (2020-12-29
14:10:14)

Those who survive
nuclear war will evolve

life particles that make
up astral bodies.

Elizabeth 2020-12-29 14:12:13

When will
nuclear war begin?

(2020-12-29 14:12:18)

This content is
meaningless, so I
won't say much more
about it.

Achieving freedom through
the release method takes one
or two months; there's no
need to worry about it
taking that long.

Sui Le 2020-12-29 14:12:26

@Karma can only be changed through release; attempting to change karma only creates new karma. However, in real life, when encountering conflicts or entanglements (such as being framed) , money or power can be used to resolve them. Does this create even greater karma?

Wind 2020-12-29 14:12:50

You can do it this way, or
you can not do it this way,
but you don't have free will
in this matter; your
decision is only driven by
your feelings.
Every thought and action you have
is pre-set. After releasing those
feelings, you eliminate some
karma. At this point, you will
experience new karma.

Lester: We preset the behavior of this physical body before we enter it to put us through experiences that we hope to learn from.

A: Before we enter this body, we have already pre-planned its subsequent behavior in order to learn something from it.

Q: Knowing that you would attain Realization this time?

A: Did you know you would attain enlightenment in this lifetime?

Lester: No. Knowing that in past lives you subjected yourself to the law of action and reaction, cause and effect karma (they're all the same (thing) and that you want to continue that game. You did certain things when you were in a physical body before, so next time you want

to set up similar things in a hope of undoing some of the things you don't like, and instigating the things you do like. But you cannot change anything that the body was preset to do by you. You're going to do exactly What you preset for that body before you came into it.

There is no free will in worldly living. However, there is a free will

1. The free will we have is to identify with the real Being that we are, or to identify with the body. If you identify with the body you

you're in trouble. So the free will is one of identity. Knowing this, it makes life much easier? you don't fight it. You aim for proper identity.

A: I don't know. But I will know that you have been subject to karma in past lives, and I will also know that you want to continue this game. In past lives

You did something, so this time you set up something similar to eliminate the things you don't like and continue the things you do like. That's true. But you

can't change anything you've presupposed about your body. Before you even entered this body, you were already prepared to carry out what you'd presupposed. There is no free will in worldly life. However, you do have free will regarding whether you identify with your true self or with your body. If you identify with the body, you'll get into trouble. So free will is a choice of identification. Knowing this makes life easier because you no longer struggle; your goal is the correct identification.

Contrary to what many people think, there is only one thing you have free will: the decision to be free or restricted (to identify with your body or your true self).

Secular life lacks free will; every desire you have is merely driven by past experiences.

Elizabeth 2020-12-29 14:13:07

Why is there new karma even after I've released the feelings associated with this event? Do you mean there's something else that hasn't been released yet?

Karma?

Wind 2020-12-29 14:13:47

Um

Elizabeth 2020-12-29 14:13:57

Direct identification cannot lead to freedom because it still involves feelings and belongs to intellectual identification. Only by releasing pure karma can one have the opportunity to identify.

ZOEY 2020-12-29 14:14:14

There is no true free will in secular life—does this mean that to achieve true freedom one must detach oneself from secular life? But ultimately, we still need to rely on this body and this world to achieve freedom, don't we?

Wind 2020-12-29 14:14:20

Releasing means acknowledging your true self.

Elizabeth

This identification occurred before the feeling was fully released. It seems to be useless.

Wind 2020-12-29 14:14:26

Each time you release yourself, you release a small part of your ego, which leads to a greater identification with your true self.

This means that you don't have free will over other things.

There is only one thing you have free will: the choice between freedom and being bound.

Elizabeth 2020-12-29 14:14:57

Is releasing a goal and letting it be achieved a choice that belongs to oneself, or does it not belong to free will?

Wind 2020-12-29 14:15:05

Release your choices
But is your goal free will? Why do you have this goal?

For example, why do you want money? This is driven by past karma.

Sui Le 2020-12-29 14:15:18

@Wind, resolving conflicts and entanglements with money or power is also driven by karma, and it's preordained, right? Wind 2020-12-29 14:15:22

The cause of your desire

Yes, as long as you don't release it, you will inevitably experience what you've predetermined.

Venerable Kriya Nanda told a story about a man who, after experiencing World War I, believed that World War II was inevitable. He spent a long time searching for a place to live in seclusion. Finally, he found a good place, bought a piece of land, and settled down. But, well, it turned out to be the place where World War II was fought most fiercely.

Trying to change karma
through action is useless;
karma is action and
reaction.

You can never eliminate
karma through actions; only
through a release and
liberation process can you
do so.

2020-12-29 If you've developed a habit of suppressing your feelings, you'll need to spend more time breaking that habit.

Ruan Daxian 2020-12-29 17:08:34

I've entered a very strange phase because my entire life has been dedicated to internal transformation, but ultimately, it's been a complete failure. So whenever I try anything, like releasing something, I'm met with closed doors. My inner self is very resistant; for example, I'm constantly lethargic, or I get very angry when I ask myself "Can I let it go?" a few more times. I don't want to try anything new because I don't want to go through that **Nth phase**. This was a profound disappointment, even despair, so despairing that I contemplated suicide. I don't know how to open another door . @Wind

Wind 2020-12-29 18:31:59

This is a decision
only one can make;
the Buddha failed
countless times.

Make a decision to do it, try to release it.

Disappointment or even despair is just a feeling.

Any feeling can be released, and the attitude after release
is completely different from before. (Yitian, 2020-12-29 22:01:19)

Is this because I'm too introverted?

Do people who are used to focusing on their
inner selves often find it harder to experience release?
(Wind, 2020-12-29 22:03:17)

It's just a habit of suppressing.

If you're used to suppressing your
feelings, you'll need to spend more time
breaking that habit and practicing
releasing them. This will help you recover
quickly.

The six steps of the release method are the only key.
(December 29, 2020)

Tiancheng 2020-12-29 18:24:12

The illusion of this world, the Maya also called it "agnosticism" (avida), which means "non-knowledgeable, " ignorance, and delusion .

Mayan or ignorance cannot be destroyed by rational belief or analysis; it can only be achieved through the inner state of "Nabhikpa" samadhi .

The prophets in the Old Testament, and all prophets in all places and all ages, prophesied things in this state of mind.

—From "An Autobiography of a Yogi"

Ignorance cannot be destroyed by
rational belief or analysis . mind will
never undo the mind only releasing help
So there's only one
answer: Go and let go.
Remind yourself of this
first step.

But what's stopping you? It's what I just said: the fear of losing what you have now. When you're free, you'll never lose anything, you'll never throw anything away, and you'll have more and more. The correct thing is, you'll lose your poor playthings.

Your unbearable suffering. When you are free, you will move around, still eat, and still talk. If you want your body to function indefinitely, you can choose immortality. So, let go of this fear and worry—"If I gain freedom, I will die." I think this is perhaps the greatest obstacle for all of us—"If I gain freedom, I will die."

(If I go free, I will die. These feelings will continue to sustain my life. They are my protectors. I will get angry, I will beat them up, or I will muster the courage to destroy them.

Look at those great saints. Did the Buddha disappear after he gained his freedom? I think he returned to the time when he was a prince or king. Didn't he? Did Jesus die? Well, they use that to prove eternity. Jesus returned to earth three days later, and he is still alive. The same goes for the Buddha.

get everything by releasing only
everything means everything
Control is a good thing, but wanting to control is not, because wanting equals lack.

As we know, control isn't a bad word, nor is it a bad thing ; it's the "desire" to control that is. When we are free , we can completely control the entire universe with just a simple thought. When you are free, your mind is quiet, without any thoughts, so any idea you put in your head will materialize and come to fruition. But currently, your mind may be troubled by thousands of thoughts, and all of them are related to AGFLAP .

Ming 2020-12-29 18:24:54

The female teacher who taught Nimala achieved freedom, but he went to India with another female teacher. (2020-12-29 18:25:18)

Pamela

Ming 2020-12-29 18:25:51

The group admin mentioned that only three people were now free, and she was one of them.

(Tiancheng, 2020-12-29 18:26:16)

Therefore, you need to release it yourself and verify it personally.

By doing this, the mind is actually stopping the release.

However, when fake masters appear, it is necessary to correct them (when asked) , because incorrect methods may mislead people for a lifetime, or even many, many lifetimes.

The chat log above mentions...

The group admin has already explained the learning steps to everyone; just follow those steps.

"Ultimate Truth" is ^{the}Lester 's audio teachings from his early period, that is, the method before the discovery of the Release Technique. Lester later only shared the Release Technique.

The principles in the ultimate truth are 100% correct, but the methods are ineffective. The release method, however, is extremely efficient.
of.

The six steps are the only key to the release method.

学习释放流程，是为了去贯彻六步骤

释放流程有两个，第一个是释放情绪的流程，是入门的，让你体验释放的学会释放情绪后，课程安排的是两天，就去学习释放欲望

释放情绪，是为了更进一步去释放欲望的

然后学会释放欲望后，就去看 THE WAY 的内容

THE WAY 的内容都在讲六步骤

其他进阶的内容也在讲述关于六步骤的内容

2020-12-29 The next decision: Don't back down.

Wind 2020-12-29 22:18:39

But on this day, no matter how hard he tried to transform that feeling into love, he still felt an inescapable despair. He wanted to escape; he longed to get up from his chair and run away to eat something, to do something to rid himself of this intense despair. But he decided he had to sit there until he resolved it. He realized that if he succumbed to this despair this time, if he lost this battle, he would be utterly destroyed. He sat in his chair, determined to withstand this test.

The fear of death terrified me far more than any other terror I had ever experienced in my life. It made me determined: "Either I find the answer, or I leave this world myself and stop my heart condition from doing this."

But I have a good and easy way to do it - morphine, which my doctor allows me to use when I have a kidney stone attack.

Now, let me tell you more. If you truly believe what I'm saying, you will forget everything else and, upon returning home, resolve to sit down until you see "it," because "it" will give you everything, with just a thought. If you do that, you will see "it"! Just like the Buddha, who renounced his throne, sat under a tree, and resolved not to rise until he saw the truth, and in the end, he saw the truth.

【

Q: Some people here have discussed robots. Actually, I think we can think of the body as a robot. We use this physical body, and when we no longer need it, we let go of it, but what we have always remains.

A: It's good to view the body this way.

Now, let me tell you more. If you truly believe what I'm saying, you will forget everything else and, upon returning home, resolve to sit down until you see "it," because "it" will give you everything, with just a thought. If you do that, you

will see "it"! Just like the Buddha, who renounced his throne, sat under a tree, and resolved not to rise until he saw the truth, and in the end, he saw the truth.

】

(Note: Added by Omi, the compiler)

Reference:

<https://www.douban.com/group/topic/32214499/? i=4046989d1APvND,4046990d1APvND>

(Posted by 风 on 2020-12-29 22:19:20)

Don't back down from the next decision.

Xiaoli shared on December 30, 2020

Xiaoli 2020-12-30 04:47:01

Two days ago, I watched the video about the release of wind and the original release method. The video, titled "Wind," introduced the original release method: Finally... Original Release Method Course

Xiaoli 2020-12-30 04:55:43

I started practicing release techniques in the evening. At first, it was difficult to get into the state, but after practicing release for a while, I gradually felt relaxed and detached. No pleasure arose.

Yesterday 早, we continued releasing the energy. Those who succeeded all said to keep releasing it continuously, so we just kept doing it. I kept releasing until I felt joy inside, and I realized how simple releasing is. I even shared the concept of "allowing" in the group.

Because the survival program is constantly operating, the lack of a perceived "want" to emerge means it's being suppressed and needs to be "allowed."

May"

of the book again at noon . I took screenshots to jot down the parts that really resonated with me, and I also read everyone's comments.

Day, continue releasing after dinner.

Because it didn't continue at its peak, it dropped.

What followed was a series of releases entirely through the mind, and I didn't even realize that after using my mind for over an hour, I couldn't release anymore. I was so tired, I just went to sleep.

I woke up at 1:30 and continued to release my emotions. I finally realized that I was using my mind; I was just feeling instead of thinking.

Xiaoli 2020-12-30 05:03:50

Because the survival program is constantly operating, the lack of a perceived "want" to emerge means it's being suppressed and needs to be "allowed."

May"

Wind 2020-12-30 05:03:50

As long as you don't release it, you're suppressing it.

Feelings kept emerging and then disappearing; the feelings kept rising.

Xiaoli 2020-12-30 05:36:12

You've probably all experienced (feeling) constantly rising and falling, a state of rising and falling (You've) probably experienced the state where it comes up and floats out, comes up and floats out.).

You must achieve this, do it. Really, there's so much "garbage." Occasional release can be helpful. But if you want to release it all, a lot of it, a continuous release, look at the six steps. You must keep the release ongoing. Keep letting the (feeling) rise and go all day long. You become aware of a feeling and release it. It's a bit like you sit and watch it, watching it unfold.

Xiaoli 2020-12-30 05:39:08

In the subsequent release, I simply allowed myself to feel, without doing anything; "wants" kept popping up one after another. Then, somehow, I was triggered by a fear of death... Wow... that feeling, I was afraid of disappearing, terrified, because...

To avoid instilling fear, I contemplated that I was an infinite being, and successfully pulled myself back to my senses. Indeed, every thought is a limitation, a limitation indeed.

Continue the attack,

taking big gulps of that kind of food.

(Changning, 2020-12-30 06:21:36)

@Xiaoli, that's great!

Thank you for sharing ! (2020-12-30 06:23:08)

@Xiaoli is awesome!

I'm so inspired! (Dabao, 2020-12-30 06:29:04)

@Xiaoli

congratulates Li Yuan on 2020-12-30 06:39:17

@Xiaoli Great! Seeing the ~~news~~ news made me feel a little relieved too. Sedona's road 2020-12-30 08:15:10

@Xiaoli congratulations

Everything is the best gift. (Xiaoli, 2020-12-30 09:33:16)

Thank you everyone!

When faced with the fear of death, I lose all feeling in my body and float in a state of fear, automatically moving forward. As I delve deeper into this state, I become so terrified that I try to contemplate the existence of infinity.

A friend recommended the Original Release Method WeChat official account to me on the 26th. For the first two days, I was releasing while watching it, but I didn't really understand the release process. I was resisting and feeling restless while releasing, and gradually I started to feel the release.

Even while cooking and doing chores every day, I'm still releasing my emotions, practicing, and practicing until I can maintain that release even behind the scenes. So, just do it!

The mind will never, ever give you the answer, and yet you're trying

to find it through your mind. It's like trying to grab a crocodile to cross a river. It will never let you across. You must begin to quiet your mind; when the mind is quiet, there are no thoughts. What fuels all thinking? Feeling.

What we lack is that everything we do through our minds is limited and can be harmful. Every thought...

All of these have limitations, obscuring our infinite existence. Therefore, we need a method to remove the motivation for all thinking, which is feeling.

Xiaoli 2020-12-30 10:36:26

Allow feelings to arise, become aware of the "desire" behind those feelings, release that "desire," release that "desire."

Wind 2020-12-30 10:36:25

I call them pressures because every subconscious feeling wants to surface and reveal itself. We are very careful to bring them to the surface, and then let go of the control, releasing the subconscious pressure and drive, and letting them flow.

You don't need to chase after your feelings after you've experienced them; they're with you all the time, and you're running away from them all the time.

I am Infinite 2020-12-30 10:38:37

[Group chat history]

【

Wind: There's no
breakthrough in the
method. Wind: The
method is very
simple.

Wind: Every breakthrough complicates things.

Wind: Complication is a trick of the mind.

】

I am Infinite 2020-12-30 10:51:37

@Xiaoli,
you're
amazing!

Xiaoli 2020-12-30 10:57:39

@I am infinitely grateful

Yes, I followed the process in the chat log. When I didn't feel anything, I just kept doing it, which brought out all my disgust for the world. After releasing this disgust, the release became smooth.

I am Infinite 2020-12-30 10:58:34

[Group chat history]

【

I am Infinite : Xiaoli has only been released for two days [facepalm]

Wind : This is the normal speed

Wind : It's normal to be able to release the wind after learning the release method for two days. **Wind :** The main problem is that there are too many preconceived notions in the spiritual community.

】

2020-12-30 Are you not allowed to pause and fully express yourself?

I am Infinite 2020-12-30 10:18:32

I feel like I can sense it; I know whether you want to control or accept, but you just can't release it—you're stuck at that step.

I ask myself these questions hundreds of times a day, feeling the urge to control or agree with things hundreds of times, but I just can't let go. It's incredibly frustrating.

Wind 2020-12-30 10:19:32

Wait a moment
Are you not allowed to
fully express what's stuck
in your thoughts? Are you
not allowed to express
that stuck feeling?

I am Infinite 2020-12-30 10:20:39

It seems so

I've always felt
that to break through the
bottleneck ... (2020-12-30
10:20:52)

Only by allowing it to
express itself can it be released.
(I am Infinite, 2020-12-30
10:21:00)

I've always wanted to
let it out . (2020-12-30 10:21:04)

This is the release process.

Of course you can't release it if you don't follow the procedure.
The worst thing we can do is suppress it. The second, slightly better, worst thing
is to escape it. The third thing we can do is begin to release what we've
suppressed, which is to express our feelings or emotions. The fourth thing, which
is what we need to do, is to pour out our suppressed emotions.

Allowing feelings to be
expressed is the
beginning of release;
the same applies to
feelings that are stuck.

I am Infinite 2020-12-30 10:22:34

I've discovered that I absolutely cannot tolerate
being stuck. I hate it, loathe it, and reject it. I
think being stuck is the most awful thing.
I really hate it.

Wind 2020-12-30 10:22:55

You are
suppressin
g it,
suppressin
g it.

Press the accelerator and brake at the same time

I am Infinite 2020-12-30 10:23:24

This blockage made me lose my dreams and my freedom.

Wind 2020-12-30 10:24:10

Stop lamenting.

Immediately allow
yourself to feel stuck
and let it express
itself.

It's very simple, just
follow the procedure
and everything will be
fine. The group admin
likes to invent and
interpret things on
his own.

I am Infinite 2020-12-30 10:27:42

[Facepalm]

Wind 2020-12-30 10:27:44



I am Infinite 2020-12-30 10:27:54

I suddenly realized that this powerful feeling of exertion did indeed
allow him to express himself, and he would slowly leave.

I tried every possible method, I really kept trying to break through, to release it, to find a way to control it, but I just forgot to allow it to express itself.

That feeling of force came back, very strong, so I decided to just let it express itself, let it express itself, and then slowly moved away, relaxed, and it walked away on its own. [Facepalm][Facepalm][Facepalm]

brought out all my disgust for the world.

I am Infinite 2020-12-30 10:38:15

[Chat Log: There's no breakthrough in the methods]

Xiaoli 2020-12-30 10:38:19

Yes, I followed the process in the chat log. When I didn't feel anything, I just kept doing it, which brought out all my disgust for the world. After releasing this disgust, the release became smooth.

2020-12-30 Wind and Heaven — You have to decide to do it in order to let go.

Tiancheng 2020-12-30 10:46:51

I've decided to release the stuck program. (Tiancheng, 2020-12-30 10:47:00)

No more delays . (2020-12-30 10:47:22)

But on this day, no matter how hard he tried to transform that feeling into love, he still felt an inescapable despair. He wanted to escape; he longed to get up from his chair and run away, to eat something, to do something to rid himself of this intense despair. But he decided he had to sit there until he resolved it. He realized that if he were to succumb to this despair this time, if this battle...

If he lost, his entire army would be wiped out. He sat in his chair, determined to withstand this test.

Wind 2020-12-30 10:47:35

You have to decide to do

it to release it;
otherwise, you'll retain
some of it, and it will
keep coming back.

My suggestion is that you make a simple decision
today to release some things and feelings that
you've been avoiding.

Break free from some
programs that have long driven you .

(2020-12-30 10:54:33)

OK

On December 30, 2020, I taught a person who had never been exposed to the practice of release techniques. They could learn it in less than two days .

I am Infinite 2020-12-30 10:52:15

Xiaoli was only released two days ago! [facepalm]

Wind 2020-12-30 10:52:54

This is the normal speed.

The idea that one can achieve liberation after just two days of learning the release method is normal; the main problem lies in the mindset of those within the spiritual community! There are just too many concepts.

If you teach a complete beginner how to perform a release ritual, they can learn it in less than two days. The large groups are filled with people who have switched from various spiritual practices; that's the disadvantage.

2020-12-30 Wind and Nature in Harmony—Ananda's focus on the Buddha surpassed his attention to the Buddha's teachings .

Tiancheng 2020-12-30 14:36:41

Was Ananda free while the Buddha was still alive? (Posted by Feng, 2020-12-30 14:37:12)

No

He was born after the Buddha's Nirvana.
(2020-12-30 14:37:35)

Is it because of a strong dependency? (Wind, 2020-12-30 14:37:42)

Um

His focus on the Buddha surpassed his attention to the Buddha's

teachings . (2020-12-30 14:40:09)

Did Ananda indeed gain
freedom later? (2020-12-30
14:40:18)

That's right, Ananda
was finally free. (Tiancheng,
2020-12-30 14:40:38)

What's his
situation now? (Posted by
Feng on 2020-12-30 14:40:53)

Most of the Buddha's
disciples became Siddhartha Gautama.
(2020-12-30 14:41:18)

How many of the Buddha's
disciples were truly free? (Posted by
Feng, 2020-12-30 14:41:47)

Several hundred
Tiancheng 2020-12-30 14:42:23

Was it achieved around the
time of Buddha's Nirvana? (Feng,
2020-12-30 14:42:39)

Um

Tiancheng 2020-12-30 15:25:10

The first step is wanting freedom more than wanting the world.

It's not about rejecting the world

or not wanting the world anymore, right? (Wind,

2020-12-30 15:25:45)

Of course not

Disgust for the world is

essentially a desire for a naturally

perfect world. (2020-12-30 15:26:00)

I've found that many

people misunderstand this,

and I used to be one of

them too.

What was it like when you

took that first step? What

was your attitude towards

the world?

Wind 2020-12-30 15:29:01

It sounds as though you're saying we should not desire automobiles, we should not desire homes, we should not desire wives or sweethearts, we should not desire anything, but become nothing.

Q: It sounds like you're saying we shouldn't crave cars, we shouldn't crave homes, we shouldn't crave wives or lovers, we shouldn't crave anything at all, but rather become nothing.

Lester: Everything was right but the last part of your sentence. You become everything instead of nothing. Become everything and you need nothing.

Desire is lack and the consciousness of separation, the source of all trouble. If you are everything, the All, you need nothing. See, everything was right down to that last part of your sentence, just reverse that and you've got it. OK?

Lester: Everything is right except for the last sentence. You become everything, not nothing. Become everything, therefore you need nothing. Desire is the consciousness of lack and separation, the source of all problems. If you are

everything , all of everything, you need nothing. See, regarding the last part you just said, "everything"

"(everything)" is the correct word; it's just reversed. Okay?

Wind 2020-12-30 15:29:30

Goals and You must win .

Tiancheng 2020-12-30 15:33:24

I just checked the time.

There are still
two months until
the Spring
Festival, and I
have a
feeling...
Complete the
entire journey in two months.
(2020-12-30 15:34:04)

come on
Tiancheng 2020-12-30 15:34:08

I don't want to
drag this out any longer.
(2020-12-30 15:34:12)

An infinite being can
certainly achieve this at any time.
(2020-12-30 15:35:37)

Can you help me on this
journey? I know you've
been helping me all along.
Wind 2020-12-30 15:35:51

Of course, and every master
will help you when you truly
embark on the path to
awakening.

Tiancheng 2020-12-30 15:37:09
I really hope to get
your guidance . (2020-12-30 15:37:30)

You need to set a goal
that you truly want and
have the motivation to
achieve it.

Tiancheng 2020-12-30 15:38:31
a million dollars what
I truly want? But I
think I'll gain
everything once I'm
free.

Wind 2020-12-30 15:38:42
Did you feel
that excitement? (Tiancheng,

2020-12-30 15:38:54)

Why don't I just go
directly to Free Wind? (2020-12-30
15:39:02)

That's fine too.

Achieving freedom
directly can also be a natural
outcome. (2020-12-30 15:39:16)

Um

So I'll take this as
my goal and give
myself two months to
achieve it before
the 2021 Spring
Festival.

Tiancheng 2020-12-30 15:42:32

I'm allowing myself to complete the
entire journey and reach the finish
line before February 12 , 2021 .

Wind 2020-12-30 Tiancheng 2020-12-30 15:43:22

Do you have any suggestions?

You can write down
everything you want. (Tiancheng,
2020-12-30 15:54:19)

good

Tiancheng 2020-12-30 15:38:31

1 million what I really want?

Wind 2020-12-30 15:38:42

Do you feel that kind of excitement?

December 30, 2020: The world is all about control and recognition.

I am Infinite 2020-12-30 22:40:26

To want freedom more than to want the world means to want freedom more than to want the world's happiness. (2020-12-30 22:40:29)

Why did you add the words?

To fully achieve the desire for freedom exceeding the desire for the world, you will reach the state of "I am Infinite" after discovering the sole source of happiness. (2020-12-30 22:40:37)

Does what I mean by

"world" simply mean

"world"?

Wind 2020-12-30 22:40:42

Want to control and identify

Lester Levenson (The Sedona Method)

in the Wasn't it clearly stated in the way ? (I am Infinite 2020-12-30 22:40:49)

But I think a better way to put it is, "You must want freedom more than you want the world."

Why did Lester say that wanting freedom more than wanting the world is more meaningful than wanting freedom more than wanting control and acceptance?

good?

Wind 2020-12-30 22:40:52

Because you might exclude many things from control and recognition, but in reality, the world does want control and recognition.

Many people don't

see it that way. (2020-12-30 22:41:05)

I see

2020-12-31 get everything only by release

Wind 2020-12-31 13:28:23

One suggestion: Be bold in your thinking.

把你真正想要的，不管看上去多么不可能，都写下来用好第四个指导

2020-12-31 To fully experience a feeling is to respond to it, but when you have attachment or aversion to a feeling , you cannot fully respond to it.

Wind 2020-12-31 20:08:38

The word "feeling" used in the release method refers to emotional feeling.

The various descriptions under the emotion chart represent individual feelings. feelings)

These are categorized into nine emotion categories, referring only to nine emotional states such as indifference, sadness, fear, anger, etc.

And two basic feelings (basic) The feeling of wanting to control and wanting to identify is released. Releasing these two feelings releases all the emotions above them, as well as the most basic feeling, the fear of death. fear of dying, meaning wanting to survive.

Fear of death

Want to

identify with

and control

your emotional

state

Individual feelings

It's all about feeling.

The fear of death is the most basic.

The fear of death develops into two fundamental feelings: the desire for identification and the desire for control. (feeling)

This led to the development of nine basic feelings, also known as nine categories of emotions. grief fear Lust, anger, pride, courage, These nine basic feelings—acceptance, peace, etc.—have evolved into many more individual feelings.

That's the descriptive words below the emotion chart.

For example, the vagueness, numbness, and powerlessness that follow utter despair... these feelings drive every thought in your mind.

In this realm, emotions and thoughts directly construct your mental body, that is, your astral body directly releases the desire to control and identify with it; you then release all feelings that are above it.

When do physical sensations arise? When karma is transferred from the causal body to the astral body, and then to the physical body...

(Physical) loss

Physical pain is an alarm; it's the body's way of expressing the fear of death. When you respond to it, the alarm immediately dissipates.

The workbook's final suggestion to you is to release three wants. only

Let's see what Lester Levenson (The Sedona Method) suggests.

If you categorize your emotions, it would take countless lifetimes to clear away even one category. Releasing the three basic desires is extremely efficient.

To fully experience it is to respond to it.

But when you have attachment and hatred towards it, you cannot fully respond to it.

Therefore, what you need to release is not the alarm itself, but your attachment to and aversion to it. Use the method of release to release the desire for control, acceptance, and security.

Pay attention to the psychological feelings that physical pain brings you. Whether it triggers a desire for control, validation, or security, release it. Sometimes you'll find that just two or three times is enough for the physical pain to disappear

immediately.

This causes its karma to be released at the most fundamental level, while physical and drug treatments only work on the material level.

20:23:15

They're all the same.

Vera Wang 2020-12-31 20:24:53

What is this awareness like? @Wind I often just use my mind to judge whether I want to control or agree, but I can't release the wind. 2020-12-31 20:25:15

If you don't know the release method, start by learning how to release emotions, then learn how to release desires. Once you've learned that, you can use it directly.

Just learn it.

Learning is experiencing liberation.



In the course, individual Feeling refers to the following:
emotion The categories refer to
the nine emotion classifications
mentioned above, which are from
Agflapcap.

More than just a
question, it's
part of the
question
process.

No, Lester used basic feelings to describe the classification of emotions.
basic feeling

To describe the desire for control and identification in a more basic sense

feeling

The fear of death, the desire for identification and the desire for control, nine categories of emotions, and individual feelings are all referred to as...

Release until you are fully aware that it has been achieved.

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The goal will be achieved soon.

Sophie 2020-12-31 20:44:26

@The wind has been releasing itself for the past few days. I can't feel anything, I can't identify whether it wants to control or identify with me, and I can't feel whether it has left or not. It's a feeling of having no feeling at all... What can I do in this situation?

Wind 2020-12-31 20:45:04

This is the feeling of being stuck; feel it, and release the desire to control it.

TGZ2 2020-12-31 20:45:35

The desire to achieve a goal indicates a lack or a need. This need generates feelings, which can actually hinder the achievement of the goal.

Yun Guo's Kuiyin 2020-12-31 20:47:39

There can be a time interval, for example, it might have taken a month to reach that point.

Wind 2020-12-31 20:47:51

No need for a month

One month is the time Lester Levenson (The Sedona Method) has given for the entire journey.

No worldly goal requires more than two weeks of release as long as you continue releasing.

Continue releasing until the goal is achieved

If you decide to make it happen, it will still come.

Even things you don't want, if you decide to achieve them, they will come; meaning that anything impossible becomes possible once you let go of it.

Even if you're not hungry right now, you can decide to eat something because you know you can.

The goal is the same.

The goal is not meant to make you achieve the goal itself, but to draw out your opposition.

Lester values goals because you need to prove to yourself that you can achieve them; the most important purpose is to evoke your sense of aversion.

Because these are rather subtle.

TGZ2 2020-12-31 20:57:05

The feeling becomes more subtle as you go higher.

Because as you go upwards, your mind and thoughts become less active.
I can understand greed by combining it with desire, but I don't quite
understand aversion.

Wind 2020-12-31 20:59:04

Craving and
aversion tend
to appear in
pairs.

We crave what we want and abhor what we don't want.

Ultimate Freedom 2020-12-31 20:59:36

Sometimes I feel that the world is particularly boring and meaningless.

Wind 2020-12-31 20:59:48

You hate the world, don't you?

The era of the Internet of Everything 2020-12-31 20:59:51

What could be the reason for the inability to continuously release the
signal?

Vian 2020-12-31 21:00:28

@Wind , you're saying our disgust for the world also hinders our freedom,
right?

Wind 2020-12-31 21:00:44

Disgust and craving appear together .

When you hate the world, it's
not that you want freedom,
it's that you feel the world
isn't good enough.

You want a better world

If you can't do it in a month, or even two months, then
you shouldn't be on this six-step project; it's either
too simple or impossible.

If you follow the six steps, you will
reach freedom within one or two
months; otherwise, you will not reach
freedom.

Taking small bites over many
years is just procrastination. (Wenlan,

2020-12-31 21:00:53)

@Wind , if I have 1-2 months of freedom, how long
would I need to release myself each day? Wind 2020-12-31
21:04:59

It will not be accomplished through procrastination.
24 hours

December 31, 2020: Emotions and thoughts in this field
directly shape your mental body.

Wind 2020-12-31 20:15:01

In this realm, emotions and thoughts directly
construct your mental body, that is, your astral body
directly releases the desire to control and identify
with it, and you release all feelings above it.

Yeah, until it's completely released.

(Physical) loss

When do physical sensations arise?

When karma is transferred from the causal body to the astral body, and then to the physical body, physical pain is an alarm; it's the fear of death expressed physically. When you respond to it, the alarm immediately disappears.

If you categorize your emotions, it would take hundreds or thousands of lifetimes to clear away even one category. Releasing the three basic desires is extremely efficient.

The Sound of Clouds Passing By (2020-12-31) 20:19:18

Does responding to it mean releasing this fear of death?

Wind 2020-12-31 20:19:25

To fully experience it is to respond to it.

But when you have "attachment" and "hatred" towards it, you cannot fully respond to it.

Therefore, what you need to release is not the alarm itself, but your "attachment" and "hatred" to it. Use the method of release to release the desire for control, acceptance, and security.

Pay attention to the psychological feelings that physical pain brings you.

Whether it triggers a desire for control, validation, or

security, release it. Sometimes you'll find that just two or three times is enough for the physical pain to disappear immediately.

And it will not recur.

Because it was released at the causal level.

This causes its karma to be released at the most fundamental level, while physical and drug treatments only work on the material level.

The highest virtue is like water (2020-12-31) 20:23:39

@How to release

wind in tinnitus 2020-12-31

20:23:58

Similarly, you don't need to focus on the tinnitus itself to pay attention to your psychological feelings about it.

Ideally, one should become aware of the desire for control, validation, or security, and then release those three desires that cause everything.

If you do it, it's extremely simple and efficient.

2020-12-31 Rational analysis and belief cannot destroy the Mayan illusion.

Elizabeth 2020-12-31 21:02:09

A person's preferences or desires are predetermined. Does this mean that what this individual ego does is beyond our control, and we shouldn't try to control it? Release the desire to control or agree with it, rather than trying to

风 2020-12-31 21:02:19

你可以控制
释放了想要控制你就能更好地控制

Elizabeth 2020-12-31 21:02:24

Okay, what was the part you mentioned earlier that couldn't be changed?
In his letter, Kam talks about the ego coming and going. If he is already
free, why does he still have a head that comes and goes?

brain

Wasn't the character melted away?

If I remember correctly, you once said that seeing karma is perfect.

Wind 2020-12-31 21:02:32

Kam came and went
Preserving the
physical body
means watching it
come and go.

Shuxin 2020-12-31 21:02:40

@Teacher Feng, I did goal release today, and spent the whole morning
releasing my goals, but every time I did it , an impossible thought would come to
mind, though it became less and less intense. Is this because I'm stuck?

Wind 2020-12-31 21:02:51

Do you feel better every time you release?

ZOEY 2020-12-31 23:03:13

I have the same issue. I feel better after each release, then I
release something else, but the next time I try to release a target, it still feels
impossible. Does this continuous releasing require constantly targeting a specific
goal? Is it possible to intersperse the release with releasing the feelings of the
present moment ? @风

Wind 2020-12-31 21:04:10

Can

As long as continuous release is guaranteed

ZOEY 2020-12-31 21:05:13

Is it impossible for this to gradually
decrease until it disappears? @风风2020-12-31

21:05:26

Yes, it will become entirely possible.

Elizabeth 2020-12-31 21:05:47

If you want to make rapid progress, is it possible to force yourself
to not eat or sleep, while constantly releasing the urge to control and letting
your appetite and drowsiness leave on their own? @风

Wind 2020-12-31 21:05:52

Why?

Is this an invitation to challenge?

Elizabeth 2020-12-31 21:06:09

Eating feels very interrupted

风 2020-12-31 21:06:20

你可以在做任何事情时释放
可以试试看

Elizabeth 2020-12-31 21:06:49

Infinite existence is merely the release of the feeling of being Elizabeth
. All feelings. But it is it that is doing it from beginning to end.

If this understanding is correct, it greatly
liberates my understanding of everything. (Feng, 2020-12-31
21:07:14)

Your understanding is correct in its interpretation, but rational
analysis and conviction cannot dismantle the Mayan illusion.

The date indicated is December 31, 2020, at 21:07:50.

This realization is powerful. From the perspective of "I am this body," releasing
desires easily becomes resistance. But from the perspective of infinity, how
should I phrase it...? What are the feelings of this body...? If I were not this
body, what meaning would safety, control, and acceptance have...? As an infinite
being, I should be able to release all desires in an instant...? But why does fear
arise within me...?

风 2020-12-31 21:07:55
不用想那么多，释放就行了

学生（海尔）：我有一个问题，你是怎样去让自己达到那个不做行为者的地方的？

莱斯特：我吗？我只是说“我不是行为者”，就是这样。

学生（海尔）：那是你，我要怎么做到呢？

莱斯特：练习。当然最好的方式就是我之前说过的，释放，当你释放了，你就不是个行为者。
有时候这个回答让你们感到困扰（笑声）。

有时候这个回答让人很困扰，不过确实是释放就好了，不需要别的东西

Automatically released realm on 2020-12-31

True Love 2020-12-31 23:02:13

Senior Brother Feng, are you now at the stage of automatic release? Do you just
watch the sensations arise and then automatically depart?

Wind 2020-12-31 23:02:45

's早 really

true love 2020-12-31

23:02:50

Wow, amazing!

[Strong][Strong][Strong] Wind

2020-12-31 23:03:01

Once you get used to
letting go, you can achieve true
love like this. (2020-12-31
23:03:17)

For example, when you're talking, chatting, or
typing with me right now, can you also keep releasing your

emotions? (2020-12-31 23:03:18)

I'm not
releasing it
now; if I
release it
again, I'm
leaving.

True Love 2020-12-31 23:03:26

Is it just to deliberately leave a
little karma in this body? (Feng, 2020-12-31
23:03:30)

Yes, I need to
try my best to
hold on and
maintain this.

True Love 2020-12-31 23:03:43

So now you've reached complete freedom, right? You mentioned before
the "Nebikapa" samadhi.

Wind 2020-12-31 23:04:13

After the "Nabhikāvatāra"
Samadhi, there are four stages.
I am currently in the third
stage.
Still tethering

myself here ? (True love,

2020-12-31 21:04:19)

Did you deliberately tie
yourself to this place? (Feng,
2020-12-31 21:04:22)

After the "Nabhikāva" Samadhi, you will receive
inner guidance and see that the agreement will
deliberately tie you to a certain place according
to different agreements.

Because after achieving the "Nebokappa"
Samadhi, one is essentially free. (True Love 2020-12-31
23:04:30)

Isn't "Nabhikāva" Samadhi said to be the
highest spiritual state? (Feng, 2020-12-31 23:04:34)

The "Nabhikāpā" Samadhi is the
highest state of consciousness;
the subsequent four stages merely
reflect the degree to which karma
is retained.

Wind 2020-12-31 23:05:00

"Why doesn't a master simply erase all his karma when he is one with God?" I asked.
"That's because in that state you don't care at all. You see it all as just a
dream. You might even continue to reincarnate, returning to the world to help your
disciples attain liberation. Masters who reach this level might even deliberately
retain a little bit of karma to keep themselves bound to this level for a while,
for a higher purpose. Once you reach the highest state, Nirbikalpa samadhi,
ego-consciousness no longer exists. You are essentially free."

"Master, what is it," I asked, "that allows a soul to return to the
world after attaining ultimate liberation?" He replied, "That it still
retains the desire for non-desire." (desire) to help others.

True Love 2020-12-31 23:05:21

Brother Feng, do you have any work to do by yourself?

Wind 2020-12-31

23:05:29

Do not work

This year I spent time with my mother.

True Love 2020-12-31 23:06:13

My friend said you should save all living beings.

Wind 2020-12-31 23:06:25

I've lost my sense of self; I only
follow my inner guidance. (True Love, 2020-12-31
23:07:50)

I was just about to ask myself, what
else do you have to do by yourself? (2020-12-31
23:07:53)

The last thing was to spend some quality time with my mother and father.

(2020-12-31 23:07:59)

Why not save all living beings? (2020-12-31 23:08:00)

This is not the responsibility of this individual.

Will Avatar assume the role of this public mentor ? (True Love 2020-12-31 23:08:05)

Will you also merge directly into Infinity like Lester Levenson (The Sedona Method) ? (2020-12-31 23:08:12)

I will.

True Love 2020-12-31 23:08:29

Why not become a master who saves all sentient beings like Buddha and Jesus ? (2020-12-31 23:08:30)

This is what your current sense of self says.

Once you eliminate your sense of self, you'll see that the complete plan doesn't need to be disrupted.

True Love 020-12-31 23:08:40

Yes, Senior Brother Feng is definitely right. (Feng 220-12-31 23:08:52)

Avatar will descend at the appropriate time.

People aspire to be sublime figures, but in existence there is no hierarchy. When I have a sense of self, I also want to be Buddha and Jesus.

True Love 2020-12-31 23:09:00

Lester said that the world is constantly clamoring at you that matter is real, matter is real. Only someone like Brother Lester , who truly experiences the infinite, can help us truly eliminate our sense of self. Therefore, I think a true master with a physical body is very important.

I bowed deeply to my senior brother in respect. [roses][roses][roses]

Wind 2020-12-31 23:09:15

But after eliminating the sense of self, I know that I am one with Buddha, Jesus, and all sentient beings—the same being—and there is no need to imitate them in appearances.

Therefore, my individual manifestation doesn't
need to become a Buddha or Jesus. If you do,
you will know...

True Love 2020-12-31 23:09:27

Senior Brother Feng no longer has any personal tasks to perform, is
that right?

Wind 2020-12-31 23:10:00

Nothing
personal. True love.

2020-12-31 23:10:16

That means you are completely free now, not in the "Nabhikāpa"
samadhi you mentioned before, right? (Feng 2020-12-31 23:10:23)

After attaining the Samadhi of "Nabhikāpā," one is essentially free, but karma remains. I am still one stage away from complete freedom.

True Love 2020-12-31 23:11:25

The picture you posted that day mentioned that after the "Nabhikpa" samadhi, one still needs to cleanse the karma accumulated over countless lifetimes.

Is this statement correct?

Wind 2020-12-31 23:12:50

That's right.

But that will be very fast.

True Love 2020-12-31 23:13:15

Speaking of "Nebikapa" Samadhi, the work has only just begun . (2020-12-31 23:13:50)

Yes, the "Nabhikpa" Samadhi is the beginning of becoming a "Stream-Enterer" saint.

True Love 2020-12-31 23:14:52

So you're deliberately maintaining this state to stay in this body, right? (Feng, 2020-12-31 23:15:00)

After attaining the "Nabikkapa" Samadhi, each person will be bound to different stages according to their different inner guidance. After attaining the "Nabikkapa" Samadhi, there is no behavior based on a sense of self.

Whether it's tied to a certain stage or directly integrated into infinity, it's all based on a plan for the infinite existence. (True Love, 2020-12-31 23:16:40)

Theoretically, you can now move towards the final stage, right? That means leaving this world completely, right? (Wind, 2020-12-31 23:16:44)

Yes, as long as you don't hold onto that last bit of separation. (True Love 2020-12-31 23:17:03)

Senior brother is amazing!

So-called superpowers and spiritual abilities, my senior brother has them now, right? (Feng, 2020-12-31 23:17:14)

Power is not an area you should be interested in once you get there; it's that simple.

True Love 2020-12-31 23:17:50

Yes, I like Lester's teachings. Taking yourself off the path—that senior brother can now fully grasp it, does he know my situation?

Just like feeling

yourself. (2020-12-31 23:19:00)

I can know everyone's situation, but I won't talk about these things.

I don't try to make myself look different from others. (True Love, 2020-12-31 23:20:20)

Senior brother must have reached a very high level of cultivation in his past life, right? (Feng, 2020-12-31 23:22:10)

The "Nybikapa" Samadhi was not achieved.

None of these constitute true spiritual height.
Because before reaching the state of
"Nebokappa" samadhi, one will lose true love.
(2020-12-31 23:25:05)

Has this reached the "Sabi
Kappa" Samadhi? (2020-12-31 23:25:08)

The highest spiritual achievement in a
past life was the "Sabi Kappa" Samadhi True Love.
(2020-12-31 23:26:50)

Salute to my senior!

2020-12-31 You can release yourself while doing anything.

Elizabeth Zhang 2020-12-31 23:21:26

If you want to make rapid progress, is it possible to force yourself to not eat or sleep, while constantly releasing the urge to control and letting your appetite and drowsiness leave on their own? @风

Wind 2020-12-31 23:22:42

Why?

Is this an invitation to challenge?

Elizabeth Zhang 2020-12-31 23:23:05

The meal was
frequently interrupted, I
felt the wind. (2020-12-31
23:23:46)

You can try releasing it
while doing anything.

Elizabeth Zhang 2020-12-31 23:23:53
good

2020-12-31 Annual Summary

Minnie 2020-12-31 23:55:14

A year-end
summary (2020-12-31
23:55:19)

Annual Summary: In 2020, I accomplished the
most important thing in my life. (2020-12-31 23:55:29)
[laughing out loud]

Edited by Omi on June 22, 2022